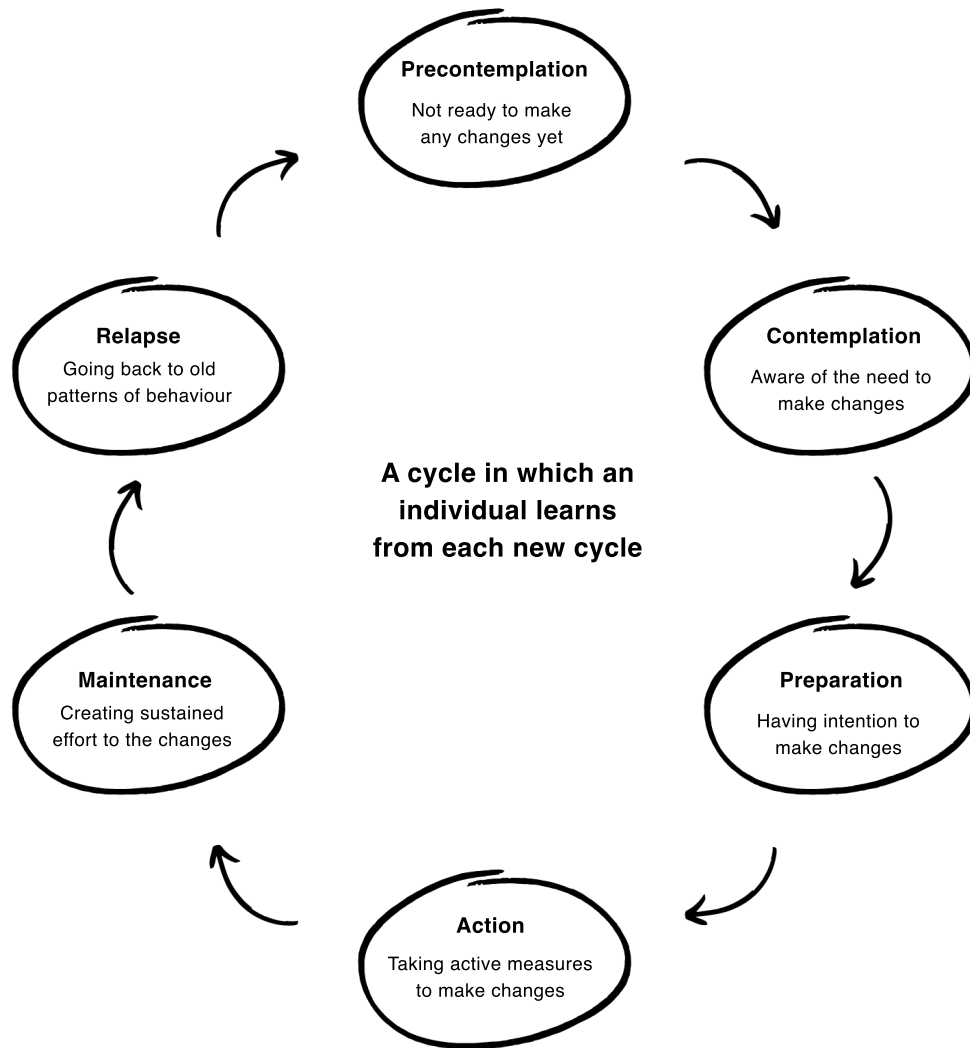


Cycle of Change

Name: _____ Date: _____



Precontemplation

Do you find yourself ignoring or denying a problem in your life? If yes, explain.

Is this a problem affecting others or yourself negatively?

Contemplation

Why should you make positive changes to alleviate this problem?

Why shouldn't you make positive changes to alleviate this problem?

How are you feeling right now?

Preparation

What challenges do you need to overcome?

What steps should you take to make a change?

Action

Describe your plan of action

Do you have a support system? If yes, please elaborate

What will you do if you encounter roadblocks?

How are you holding yourself accountable?

Maintenance

What action steps worked?

What action steps didn't work?

What have you found challenging?

How will you sustain your changes overtime?

Relapse

Why do you think you relapsed?

How do you feel about your relapse?

What can you learn from your relapse?

What is your plan of action to get back on track?

Additional Notes

Signature

Date