

These are most key vocabulary words that you will need to know to succeed in lesson. Watch out for when these words occur as you do your reading, and record their definitions in your course journal.

- **behavior modification**- The process used to permanently change negative behaviors in favor of positive behaviors that will lead to better health and well-being.
- **precontemplation stage**- Stage of change in which people are unwilling to change their behavior.
- **contemplation stage**- Stage of change in which people are considering changing behavior in the next 6 months.