

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.

- **preparation stage**- Stage of change in which people are getting ready to make a change within the coming month.
- **action stage**- Stage of change in which people are actively changing a negative behavior or adopting a new, healthy behavior.
- **relapse**- Slipping or falling back into unhealthy behavior(s) or failing to maintain healthy behaviors.
- **maintenance stage**- Stage of change in which people maintain behavioral change for up to 5 years.
- **termination/adoption stage**- Stage of change in which people have eliminated an undesirable behavior or maintained a positive behavior for more than 5 years.
- **motivation**- The desire and will to do something.
- **locus of control**- The extent to which a person believes he or she can influence the external environment.