

# Behavior Modification: Stages of Change

Name \_\_\_\_\_ Date \_\_\_\_\_

Course \_\_\_\_\_ Section \_\_\_\_\_

## Instructions

Please indicate which response most accurately describes your stage of change for three different behaviors (in the blank space identify the behavior: smoking, physical activity, stress, nutrition, weight control, etc.). Next, select the statement (select only one) that best represents your current behavior pattern. To select the most appropriate statement, fill in the blank for one of the first three statements if your current behavior is a problem behavior. (For example, you might say, "I currently smoke and I do *not* intend to change in the foreseeable future." or "I currently *do not* exercise but I am contemplating changing in the next 6 months.")

If you have already started to make changes, fill in the blank in one of the last three statements. (In this case, you might say: "I currently eat a *low-fat* diet but I have done so only within the last 6 months," or "I currently *practice adequate stress management techniques* and I have done so for more than 6 months.") You may use this technique to identify your stage of change for any type of health-related behavior.

Now write SMART goals (see pages 19–20) and identify three behavior modification principles (pages 18–19) that will aid you with the process of change.

### Behavior 1: \_\_\_\_\_

1. I currently \_\_\_\_\_, and I do not intend to change in the foreseeable future.
2. I currently \_\_\_\_\_, but I am contemplating changing in the next 6 months.
3. I currently \_\_\_\_\_ regularly but intend to change in the next month.
4. I currently \_\_\_\_\_, but I have done so only within the last 6 months.
5. I currently \_\_\_\_\_, and I have done so for more than 6 months.
6. I currently \_\_\_\_\_, and I have done so for more than 5 years.

Stage of change: (see Figure 1.11, page 17). \_\_\_\_\_

Specific goal and date to be accomplished: \_\_\_\_\_

Principles of behavior modification to be used: \_\_\_\_\_

### Behavior 2: \_\_\_\_\_

1. I currently \_\_\_\_\_, and I do not intend to change in the foreseeable future.
2. I currently \_\_\_\_\_, but I am contemplating changing in the next 6 months.
3. I currently \_\_\_\_\_ regularly but intend to change in the next month.
4. I currently \_\_\_\_\_, but I have done so only within the last 6 months.
5. I currently \_\_\_\_\_, and I have done so for more than 6 months.
6. I currently \_\_\_\_\_, and I have done so for more than 5 years.

## Behavior Modification: Stages of Change (continued)

Stage of change: (see Figure 1.11, page 17). \_\_\_\_\_

Specific goal and date to be accomplished: \_\_\_\_\_

Principles of behavior modification to be used: \_\_\_\_\_

### Behavior 3: \_\_\_\_\_

1. I currently \_\_\_\_\_, and I do not intend to change in the foreseeable future.
2. I currently \_\_\_\_\_, but I am contemplating changing in the next 6 months.
3. I currently \_\_\_\_\_ regularly but intend to change in the next month.
4. I currently \_\_\_\_\_, but I have done so only within the last 6 months.
5. I currently \_\_\_\_\_, and I have done so for more than 6 months.
6. I currently \_\_\_\_\_, and I have done so for more than 5 years.

Stage of change: (see Figure 1.11, page 17). \_\_\_\_\_

Specific goal and date to be accomplished: \_\_\_\_\_

Principles of behavior modification to be used: \_\_\_\_\_

### Stages of Change

- |                      |                          |
|----------------------|--------------------------|
| 1 = Precontemplation | 4 = Action               |
| 2 = Contemplation    | 5 = Maintenance          |
| 3 = Preparation      | 6 = Termination/Adoption |

### Self-Reflection

In your own words, indicate barriers (what may keep you from changing) that you may encounter during the process of change and how can you best prepare to overcome these barriers.

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