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| THE STAGES OF CHANGECONTEMPLATIONGETTING READYAt this stage, participants are intending to start the healthy behavior within the next 6 months. While they are usually now more aware of the pros of changing, their cons are about equal to their Pros. This ambivalence about changing can cause them to keep putting off taking action. People here learn about the kind of person they could be if they changed their behavior and learn more from people who behave in healthy ways. Others can influence and help effectively at this stage by encouraging them to work at reducing the cons of changing their behavior. People here learn about the kind of person they could be if they changed their behavior and learn more from people who behave in healthy ways. Others can influence and help effectively at this stage by encouraging them to work at reducing the cons of changing their behavior. |
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 |  | JUNE 2019 TIP OF THE MONTH

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| ambivalence!“I can see the benefits of change, but i’m not sure if I can change!”“I see i have a problem, but i don’t know what I want to do at this time.”“I haven’t started my change process…yet.”“I’m thinking about how my behavior effects my life.”  |
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| What other contemplation statements have your heard recently? |

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