



STAGES OF CHANGE ACTION

Action Steps

People at this stage have changed their behavior within the last 6 months and need to work hard to keep moving ahead. These participants need to learn how to strengthen their commitments to change and to fight urges to slip back.

People in this stage progress by being taught techniques for keeping up their commitments such as substituting activities related to the unhealthy behavior with positive ones, rewarding themselves for taking steps toward changing, and avoiding people and situations that tempt them to behave in unhealthy ways.

AUGUST 2019
EBP TIP OF THE
MONTH

Adopting New
Habits!

"I am taking
significant steps
toward change!"

"I am making
steady progress!"

"I am walking my
talk!"

"I hope to keep
going and make
permanent
changes!"

What Action
Statements have
you heard recently?