



*coaching you to be well*

## Am I ready to change?

*Habit is habit. It is not to be flung out of the window by anyone, but coaxed downstairs a step at a time.*

Mark Twain

### Stages of Readiness to Change

Behavioral scientists recognize 5 stages of readiness to change behavior:

- Pre-contemplation (I won't or I can't in the next six months)
- Contemplation (I may in the next six months)
- Preparation (I will in the next month)
- Action (I'm doing it now)
- Maintenance (I've been doing it for at least six months)

My readiness to change this behavior is (indicate yes beside the level that best describes where you are):

- I won't do it
- I can't do it
- I may do it
- I will do it
- I am doing it
- I am still doing it

Research has shown that self-change is a staged process. We move from not thinking about changing a behavior, to thinking about it, to planning to change, and then testing out ways to do it before we actually start.

When we think about changing or adopting a behavior, questions we ask ourselves are:

- Why do I really want to change the behavior (the benefits or "pros")?
- Why shouldn't I try to change the behavior (the obstacles or "cons")?
- Do my "pros" outweigh my "cons"?
- What would it take for me to change the behavior and overcome my "cons" (what's my strategy)?

**To move forward, our "pros" must outweigh our "cons" and we need realistic strategies to overcome our "cons".**

A number of techniques can help you move from not thinking, to thinking, to planning, to doing, and to continue doing.

To help you understand your stage of readiness, please complete the short quiz below.

1. The goal or behavior I want to work on first is:
2. My reasons for wanting to change this behavior are:
3. The obstacles standing in the way of my changing this behavior are:
4. My strategies to overcome my main obstacles are:
5. My goal for next week with respect to this behavior is: