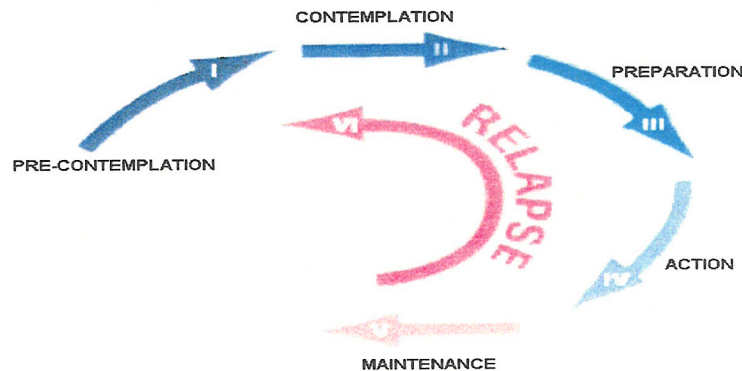


Healthy You: Weight Management Class

Stages of Change in Behaviour* to Support Successful Weight Management



I PRE-CONTEMPLATION:

"I don't intend to do anything about my weight in the next 6 months"

- No recognition of need to change
- Limited awareness of health risks
- Cons outweigh pros: committed to current behaviour

II CONTEMPLATION:

"I will do something about my weight in the next 6 months"

- Open to education and information
- More able to understand personal health risks
- Intention to change in next 6 months
- Weighing long-term benefits against short-term costs

III PREPARATION:

"I intend to do something about my weight in the next month."

- Ambivalence over pros and cons resolved
- Intending to take action in next month
- Considering action plan and goals for change

IV ACTION:

"I have been doing something about my weight within the last 6 months."

- Actively modifying behaviour
- Risk for relapse is a reality
- Efficacy improved with achievement of short-term goals
- Motivation is increasingly intrinsic
- Uses behavioural change processes

V MAINTENANCE:

"I have managed my weight for more than 6 months."

- Self-motivation at highest level
- Manages relapse risk situations
- Change is personally meaningful
- Sustained use of behavioural processes

VI RELAPSE:

"I have lost interest in continuing to do something about my weight."

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How to move through the stages of change

1. PRE-CONTEMPLATION

TO GET TO THE NEXT STAGE YOU WILL NEED TO:

- Consider new information about yourself and the problem.
- Know the benefits to you of changing.
- Express your feeling about the demands on you and about potential solutions.
- Understand others' demand on you to change and how your behaviour affects the environment of others

EXAMPLES OF TECHNIQUES

- ☐ Have a professional, or someone you trust, give you feedback on your behaviour and how it may be affecting you and others.
- ☐ Monitor the behaviour to see when, where and how much you do it. Note your feelings before, during and afterwards.
- ☐ Do some reading to learn more about this behaviour.
- ☐ Tell someone your feelings about the demands on you to change and about what you believe your choices are.
- ☐ Look for ways that society and others will help you to change.
- ☐ Notice how your behaviour affects the environment or others.

2. CONTEMPLATION

TO GET TO THE NEXT STAGE YOU WILL NEED TO:

- Work through any ambivalence (the costs and benefits of changing) with professional help if needed.
- Reduce the costs of changing.
- Consider what you value more than the problem behaviour or Consider how resolving the problem, or starting the new behaviour, would be in agreement with what you value.
- Consider what kind of person you want to become.
- Take some small step in exploring behaviour change.
- Come to believe and feel that life would be significantly better without the problem.

EXAMPLES OF TECHNIQUES

- ☐ Write down the costs and benefits of changing.
- ☐ Decide how to reduce the costs of changing.
- ☐ Think about what you value most.
- ☐ Close your eyes and imagine yourself as the kind of person you want to be.
- ☐ Take some small step, and begin to experiment with ways of changing.

3. PREPARATION

TO GET TO THE NEXT STAGE YOU WILL NEED TO:

- Choose and commit to the best course of action.
- Prepare for action and, if needed, get professional help.
- Make a contract with yourself and others.
- Publicly commit to at least one person to make the change.

EXAMPLES OF TECHNIQUES:

- ☐ Just make a choice, or get help to make a decision.
- ☐ Write down your goals and, step-by step, how you are going to get there.
- ☐ Commit to yourself to start by a certain date.

- ☐ Tell at least one trusted person in your life about your decision.

4. ACTION

TO GET TO THE NEXT STAGE YOU WILL NEED TO:

- Substitute alternatives for problem behaviours.
- Be open and trusting about problems and progress with someone who cares.
- Plan to avoid and counter expected situations that elicit the problem behaviour or deter new behaviour.
- Reward yourself or be rewarded by others for making changes.
- Acknowledge to yourself when you successfully take a difficult step on your own.

EXAMPLES OF TECHNIQUES:

- ☐ Start a pleasurable, non-addictive activity incompatible with the old.
- ☐ Learn meditation or stress management.
- ☐ Repeat positive self-statements.
- ☐ Learn to say no.
- ☐ Get help from a professional or trusted others on problems.
- ☐ Ask others to help in specific ways; tell them what you need and educate them about your experiences.
- ☐ Join a mutual self-help group to share and get support.
- ☐ Identify, and plan to avoid or leave, people and places that encourage problem behaviour or deter new behaviour.
- ☐ Change your environment. For example, remove temptations and put up reminder notes about what you need to do.
- ☐ Make a list of rewards, people and places that will support your actions.
- ☐ Give yourself rewards for the actions you have taken each day.
- ☐ Contract with others to give you rewards for specific steps taken.
- ☐ Look at what you did that resulted in the progress you are making.

5. MAINTENANCE

TO GET TO THE NEXT STAGE YOU WILL NEED TO:

- Continue to substitute alternatives for problem behaviours.
- Plan to avoid and counter situations that unexpectedly elicit the problem behaviour or deter new behaviour.

EXAMPLES OF TECHNIQUES:

- ☐ Continue to substitute new behaviour or activities incompatible with the old.
- ☐ Plan for unexpected high-risk situations, with professional help if needed.

6. TERMINATION

- You have reached the end of the cycle of change.
- You are experiencing no temptations, and you are 100% confident in all previous high-risk situations.