



Key Dimensions of the TTM

Stage of Change

Index of readiness to change

Precontemplation



Not Ready

No intention to change in the next 6 months

Contemplation



Getting Ready

Intend to change in the next 6 months

Preparation



Ready

Intend to change in next 30 days

Action



Doing It

Engaging in the change for less than 6 months

Maintenance

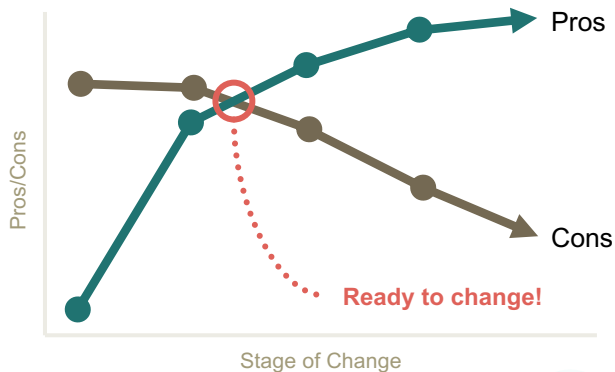


Keeping It Up

Engaging in the change for more than 6 months

Decisional Balance

The pros and cons of changing



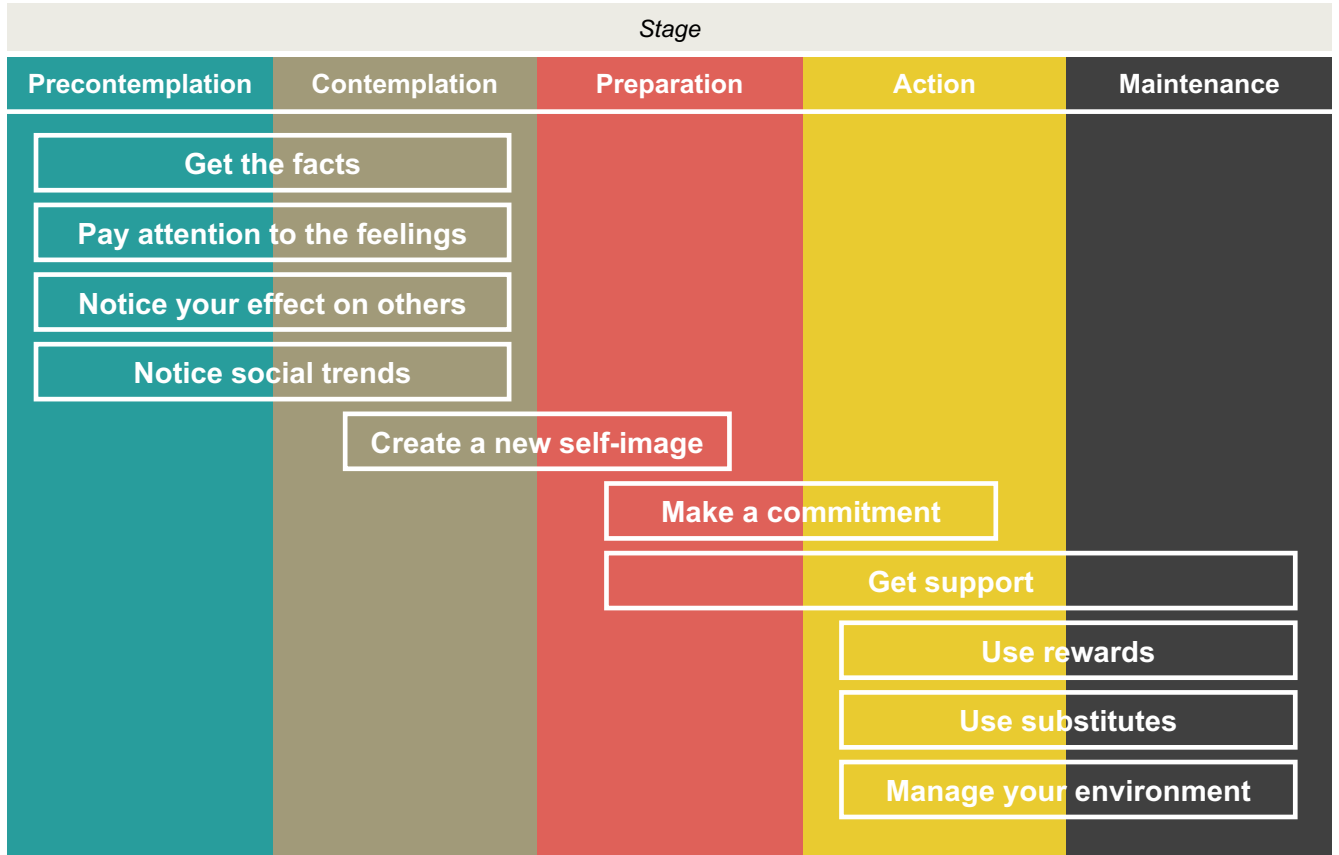
Self-Efficacy

Confidence to make and sustain the change in challenging situations



"I can do this even when I'm feeling down, too busy, or tempted to do something else!"

Processes of Change



Raise the Pros	Raise the Pros and lower the Cons (Reduce barriers)	Build confidence by planning ahead	Boost confidence	Keep confidence high by planning ahead for unexpected situation
Get the Facts	Create a new self-image	Make a commitment and create an action plan	Get support	Get support
Pay attention to feelings	Get the facts	Create a new self-image	Use rewards	Use rewards
Notice your effect on others	Pay attention to feelings	Start to get support	Use substitutes for unhealthy thoughts and behaviors	Use substitutes for unhealthy thoughts and behaviors
Notice social trends	Notice your effect on others	Use substitutes for negative thoughts	Manage your environment	Manage your environment
Begin to build confidence with small steps	Notice social trends			
	Begin to build confidence with small steps			