

Am I ready to change?

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 “pros”)?
- Why shouldn’t I try to change the behavior (the “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 overcome our “cons”.

Behavioral scientists recognize 5 stages of readiness to change behavior:

- Precontemplation (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)

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

We want to help you determine how ready you are to change a behavior, so that we can best help you make that change. To help you understand your stage of readiness, we ask that you complete the short quiz below (type or write in response and give to your coach, or email to your coach as an attachment).

Your coach will discuss your answers with you. Your answers will help your coach make suggestions to help you move through the stages of change and reach your goals.

(NOTE: No matter what your stage of readiness, your coach can help you move through the process to reach your goal.)

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1. **The goal or behavior I want to work on first is:**

2. **My reasons for wanting to accomplish this goal (same as change this behavior) are:**

3. **The obstacles standing in the way of my changing this behavior are:**

4. **The efforts I made toward changing this behavior in the last week are:**

5. **My goal for next week with respect to this behavior is:**

6. **My readiness to change this behavior is (type 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**