

OptiHealth Workshop:
Therapeutic Lifestyle Change, Part 2

Worksheet:
My Stage of Change

Your **Stage of Change** is important because... Your Stage of Change determines your **Change Strategies**.

According to the **Transtheoretical Model of Health Behavior Change**, people move through **6** distinct stages as they change their behavior. Each stage is characterized by certain **attitudes** and **actions**.

The strategies used to move from one stage to the next depend on the attitude and actions of the person's current stage of change. The 6 Stages of Change are:

- 1. Pre-Contemplative** = **Unaware, Resistant** = **No Intention to Change**
2. Contemplative = **Awareness, Openness** = **Intends to Change "Soon" (> 6 months)**

Contemplation

Persists until the person comes to a Decision (+ Change Event).

Positives > Negatives

Positives of Changing > Positives of Not Changing
Negatives of Not Changing > Negatives of Changing

- 3. Preparation** = **Willingness, Commitment** = **Intentionally Preparing** (< 1 month)

Obstacles to Change:

Positive of Not Changing
Negatives of Changing
Limited Resources
Social Interference & Resistance

Matthew 17:20 – And Jesus said unto them, Because of your unbelief: for verily I say unto you, If ye have faith as a grain of mustard seed, ye shall say unto this mountain, Remove hence to yonder place; and it shall remove; and nothing shall be impossible unto you.

- 4. Action** = **Enthusiasm, Effort** = **Intentionally Changing** (1-6 months)
5. Maintenance = **Momentum, Perseverance** = **Naturally Changing** (> 6 months)

Action or Maintenance

May be interrupted by a Relapse (- Change Event).

Relapse:

Regression of **attitude** and **actions** to a previous stage.
(Preparation, Contemplative, Pre-Contemplative)

The person has "given up" on the change process.

The change process can resume if/when the person comes to a secondary Decision Event to Keep Trying.

Stage 4½. Maintenance/Action (Relapse Recovery)

Momentum, Perseverance + Effort, Enthusiasm
"Whatever it takes." / "As long as it takes."

Relapse Recovery (Keep Trying):

Temporary, Educational, Motivational, Preventable

- 6. Termination** = **Congruence, Freedom** = **Successfully Changed** (> 2 years)

Termination of your unhealthy behavior/lifestyle occurs when your actions are perfectly congruent with your beliefs. Your self-perception has changed. You have accepted your new identity. The truth has set you free!

John 8:32 – And ye shall **know** the truth, and the **truth** shall make you **free**.

If you look closely, you will realize that it is your **health beliefs** – the degree of your **conviction** of the **truth** – that serves as the primary **driver** for your **actions** in moving through the Stages of Change (“conversion”).

My Stage of Change:

What is the “old” unhealthy behavior that you want to “destroy” ? _____

What is the “new” healthy behavior that you want to “adopt” ? _____

Indicate below where you are in your change (destroying-adopting) effort:

OLD – 1 - - - - - | - - - - - 2 - - - - - | - - - - - 3 - - - - - | - - - - - 4 - - - - - | - - - - - 5 - - - - - | - - - - - 6 – NEW

P-C Contemplative Preparation Action Maintenance Termination

Considering your current Stage of Change regarding your unhealthy behavior/lifestyle, what is a **specific long-term TLC Goal** that would be **practical** and **meaningful** to you?

Dream it could be done. **Believe** it should be done. **Determine** it will be done.

PRAY: “Lord, what wilt Thou have me to do?”

Your Therapeutic Lifestyle Change Goal:

What: _____

When: _____

Why: _____

Of course, your **short-term** TLC goal is to get to the NEXT Stage of Change: _____

Now that you have a TLC Goal, HOW are you going to achieve it?

Remember, your **current** Stage of Change determines your change **strategies** for getting to the next stage.

Continue with Part 3.