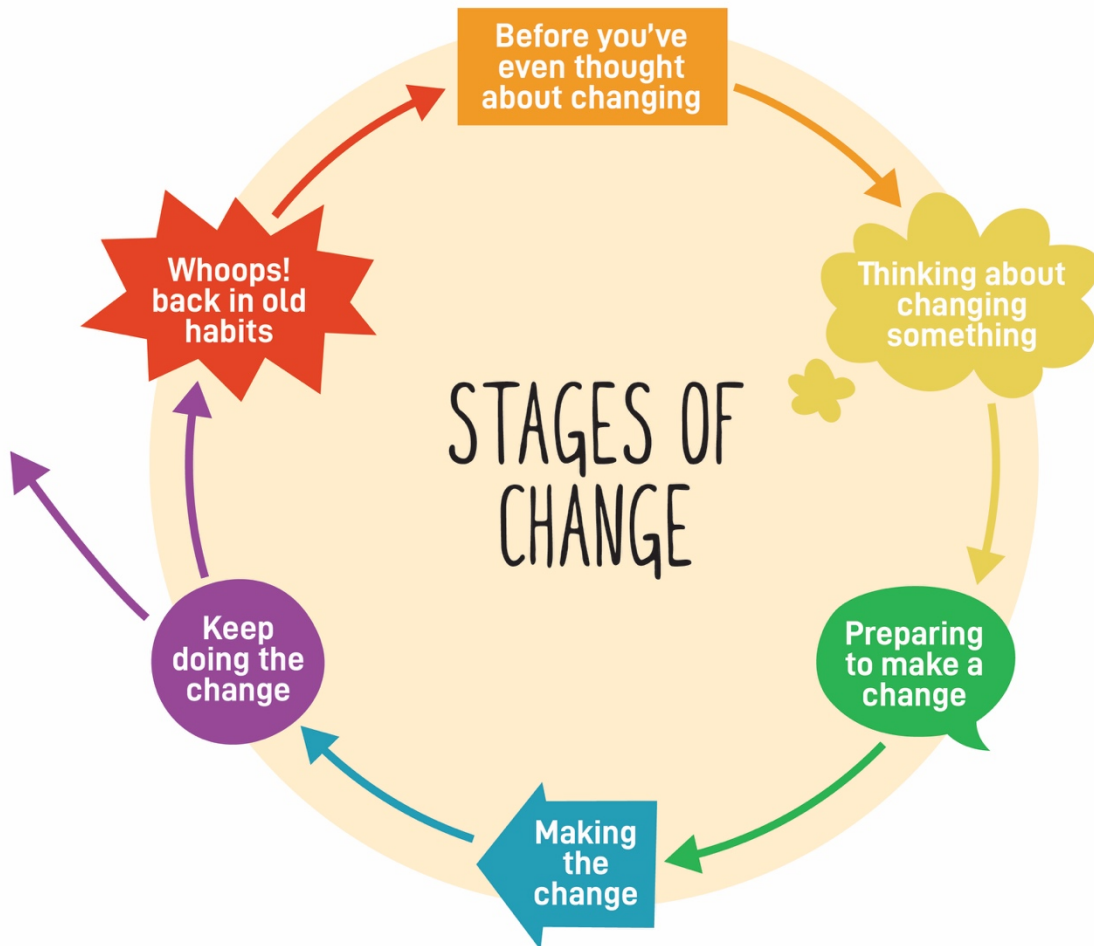


Stages of change

It's hard to make a change. It's normal to have to try several times to change a habit.



These stages are based on Prochaska & Diclemente's work on motivation to change.