



Partnering for Change Wellness Coaching

Are You Really Ready for Change?

Research has shown that self-change occurs in stages:

- ***Precontemplation*** (we don't want to think about changing a behavior now and say "I can't" or "I won't do anything about it in the next six months". We often don't see the problem that other people recognize.)
- ***Contemplation*** (we begin to think about making the change and say "I may make the change in the next six months")
- ***Preparation*** (we plan to make the change and say "I will make the change in the next month")
- ***Action*** (we are making the change and say "I am doing it now")
- ***Maintenance*** (we have been engaging in the change for at least six months and say "I am still doing it").

When we think about changing or adopting a new behavior, we need to ask ourselves:

- 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 to overcome our "cons". The following questions can help you know your stage of readiness:

- **The goal or behavior I want to work on first is:**
- **My reasons for wanting to change this behavior are:**
- **The obstacles standing in the way of my changing this behavior are:**
- **My strategies to overcome my obstacles are:**
- **My readiness to change this behavior is (where are you: "I won't do it", "I may do it", "I will do it", "I am doing it" or "I am still doing it"?)**