Behavior Change Strategies

Directions:

Write an example of how you could use each of these behavior change strategies to help you reach your health goal.

1. Stimulus control - Get rid of or change the environmental cues that cause you to do the unwanted behavior. Or establish cues that cause you to do the healthy behavior.
   Example:
   ________________________________________________________________
   ________________________________________________________________

2. Change friends temporarily or permanently - Sometimes it’s difficult to change a behavior if your friends are doing it too.
   Example:
   ________________________________________________________________
   ________________________________________________________________

3. Consciousness raising - Gather information about problems that can occur for you or others as a result of the behavior.
   Example:
   ________________________________________________________________
   ________________________________________________________________

4. Replacement - Replace the negative behavior with a positive behavior.
   Example:
   ________________________________________________________________
   ________________________________________________________________

5. Reinforcement reward - Reward yourself for progress on changing the behavior.
   Example:
   ________________________________________________________________
   ________________________________________________________________
   Example:
   __________________________________________________________
   __________________________________________________________

7. Recruit a partner- Have someone you can call who understands and can help you.
   Example:
   __________________________________________________________
   __________________________________________________________

8. Identify behaviors that coexist- Many times negative health behaviors coexist, so if you eliminate one, you can eliminate another.
   Example:
   __________________________________________________________
   __________________________________________________________

9. Build in pauses- Allow time to think before you act.
   Example:
   __________________________________________________________
   __________________________________________________________

10. Reminders- Leave messages to help remind you of your goal.
    Example:
    __________________________________________________________
    __________________________________________________________

List the four behavior change strategies that you think will help you change your behavior the most.
1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4. __________________________________________________________