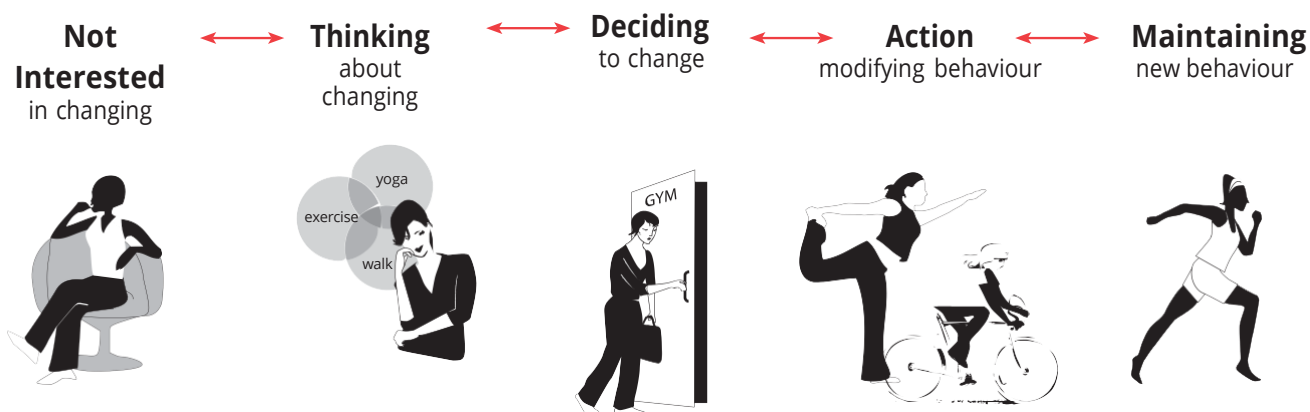


## Patient's Readiness to Change Assessment Counselling Tips

Have your patient point out which pictogram best describes their readiness to change:



*(Based on the Transtheoretical Model of Behaviour Change)*

### Not Interested:

- Has no intention of taking action within the next six months
- Not thinking about change
- May be resigned
- Feeling of no control
- Denial: does not believe it applies to self
- Believes consequences are not serious

### Thinking:

- Intends to take action in the next six months
- Weighing benefits and costs of proposed behaviour change

### Deciding:

- Intends to take action within the next thirty days and has taken some behavioural steps in this direction
- Experimenting with small changes

### Action:

- Has changed behaviour for less than six months
- Is taking a definitive behavioural change/action

### Maintaining:

- Has changed behaviour for more than six months.
- Maintaining new behaviour over time

*For more information on the Transtheoretical Model of Change/Stage of Change Model resource at [CorHealthOntario.ca](http://CorHealthOntario.ca)*