

Stages of Change Model Individual Reflection Worksheet

The stages of behavior change model includes six well-defined stages that people move through as they work to change specific behaviors. When considering how the stages of change can give you insight and support your current change goals, it is important identify your current stage for a particular behavior change goal.

When it comes to reducing your compassion fatigue and increasing your compassion resilience, what is one of your target behaviors that you would like to change? _____

What is your goal for your new behavior? _____

Examples:

Targets of Change: Feeling pessimistic about my ability to positively impact some students, working too many hours, consistently feeling angry about the schedule change in my school this year, never doing social activities with colleagues, etc.

Goals for New Behaviors: Have realistic expectation of myself and my students, keep work hours to 50 per week, let go of what I cannot control, go to three staff social events this year.

Part One – Assess Your Stage

Check true or false for each statement:

True	False	
<input type="checkbox"/>	<input type="checkbox"/>	1. I changed my target behavior more than 6 months ago.
<input type="checkbox"/>	<input type="checkbox"/>	2. I changed my target behavior within the past 6 months.
<input type="checkbox"/>	<input type="checkbox"/>	3. I intend to take action in the next month and have already made a few small changes in my behavior.
<input type="checkbox"/>	<input type="checkbox"/>	4. I intend to take action on my target behavior in the next 6 months.

Find the stage that corresponds to your responses:

False for all four statements = Precontemplation

True for statement 4, false for statements 1-3 = Contemplation

True for statements 3 and 4, false for statements 1 and 2 = Preparation

True for statement 2, false for statement 1 = Action

True for statement 1 = Maintenance (if you are at this stage, select another target behavior)

Making and Supporting Change



Part Two – Strategies for Your Stage of Change

Once you have identified your stage, go to that section and respond to the suggested reflection questions.

Precontemplation:

How might someone who cares about you and whom you respect, answer the following question? How have you noticed my defenses stopping me from hearing information from those who could be most helpful to me?

Who are the people in your life who you think offer the most positive influences? When was the last time you had a meaningful conversation with them?

If you were going to make a positive life change, who might be the person in your life to push you to move too fast?

Who are two people in your life and/or community resources that you would benefit from being open to their insight and support if you wanted to make a life change?

Is there any behavior in your current personal and/or work life that, if you could free others who have the same behavior as yours, you would?

Making and Supporting Change



Contemplation:

What have been the impacts of your target behavior? Who might help you discover answers to this question that may currently be hidden to you?

Make a list of all the pros and cons you can think of for changing your target behavior.

Pros:

Cons:

Take one of the cons of changing that target behavior and write about why that con feels important to you. What is the story for you behind that con?

Research movies, books, websites, people in your school or community, etc. that would offer motivational stories that would encourage the change you are contemplating. After listing these, circle one that you are willing to expose yourself to in the next few weeks.

What seems to trigger the behavior?

What might be the consequences of and reactions to you changing that behavior from yourself and others? (What new image of yourself arises?)

Making and Supporting Change



Preparation:

What have you discovered that you would like to be a part of your plan of action to make this change? List the steps of your plan and next to each give a time to start and a way that you will find support to do and maintain that aspect of your change. *(Looking at the questions under Action may assist you to design your plan for change.)*

Steps in my Plan:

Timeline:

Support:

You had reasons for the behavior that you have now chosen to stop or adjust. Think about the old reasons. Is the power of that reason lessening now? Explain. *(If not, you are still at the contemplating stage.)*

Go public. Who will you share you plan with? When?

Name:

Date:

What can that person do to support you in this change?

Who are others that you will share your plan with?

Name:

Date:

What can that person do to support you in this change?

Name:

Date:

What can that person do to support you in this change?

Making and Supporting Change



Action:

During the next three months, how will you refocus your energy in times that you would normally engage in the target behavior?

What situations will you avoid that bring temptation?

What helpful reminders are you using?

What are you doing to keep yourself calm and focused? What positive means will you use to deal with pressure? (physical activity, relaxation techniques. Mindfulness, etc.)

How do you plan to recognize and free yourself from rigid thinking?

How have you practiced positive, realistic self-talk in relation to your plan for change?