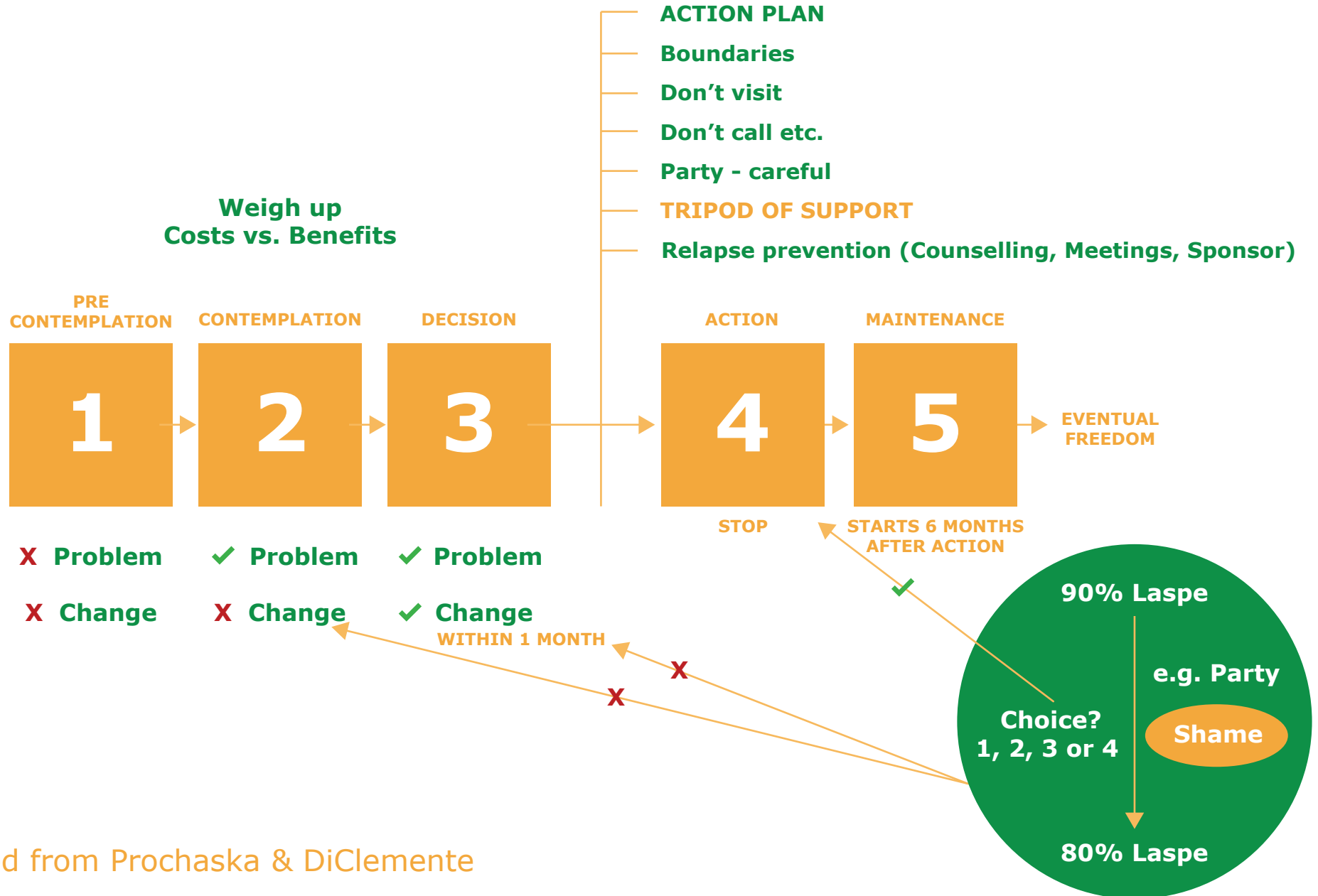


STAGES OF CHANGE



Adapted from Prochaska & DiClemente