

## Change Map for Participant

This is **what** I want to **change**:

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This is **why** I want to **change**:

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If I **do** change, I stand to **gain**:

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If I **do** change, I believe that I stand to **lose**:

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If I **do not** change, I believe that I am **gaining**:

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If I **do not** change, I stand to **lose**:

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This is the **belief system** that leads to my **Current Behavior**:

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These are the **Vital Behaviors** that lead to my **Current Outcomes**:

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These are the **6 Sources of Influence** that promote my **Current Behavior**:

I. Personal Motivation

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II. Personal Ability

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III. Social Support

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IV. Social Ability

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V. Social Rewards

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VI. Environment

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This is the belief system that would lead to my **Desired Behavior**:

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These are the **Vital Behaviors** that would lead directly to my **Desired Outcome**:

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These are the **6 Sources of Influence** that promote my **Desired Behavior**:

I. Personal Motivation

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II. Personal Ability

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III. Social Support

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IV. Social Ability

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V. Social Rewards

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VI. Environment

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These have been my **de-railers**:

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This is my **Recovery Mechanism**:

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This is my **Timeline**:

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This is my **partner**:

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These are my **Rewards** and **Penalties**:

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