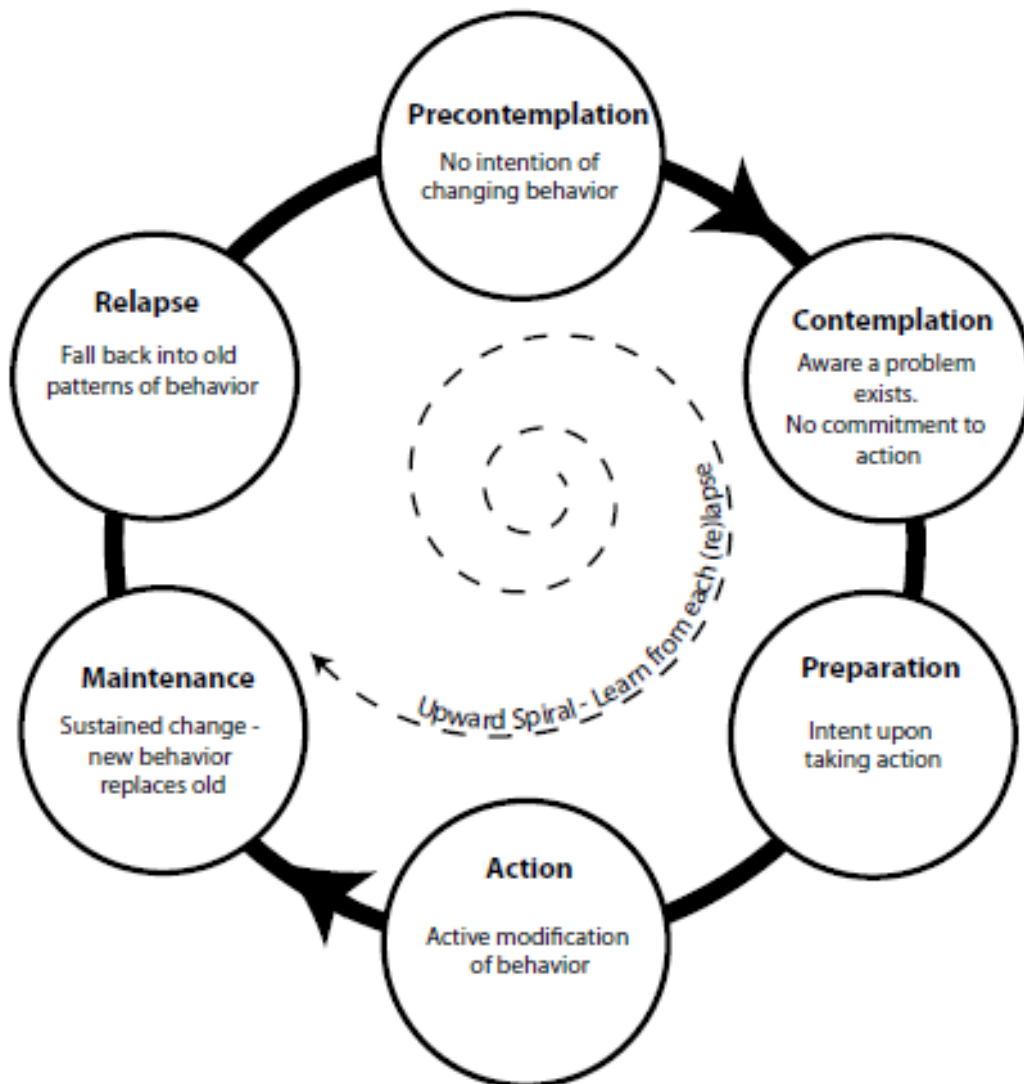


Stages of Change

STAGES OF CHANGE



Was there anything that you noticed while learning about the stages of change? If so, write it down so you can bring it up in your next session with your psychologist.

If nothing ever changed there would be no butterflies.