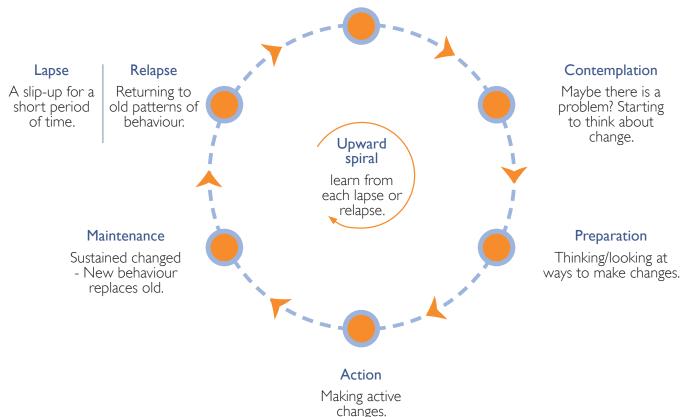


## Stages of Change

(Prochaska & DiClemente)

## **Pre-Contemplation**

Do not see that there is a problem. No need to change.



changes.