

Name:
Date:
Email:
Phone:
Department:
Health Insurance Provider:

Activity 5 Examining Your Attitudes About Your Target Behavior

Your attitudes toward your target behavior can determine whether or not your behavior change program will be successful. Consider your attitudes carefully by completing the following statements about how you think and feel about your current behavior and your goal:

Current Behavior:

1. I like [Input Behavior here...]

because [Explain...]

2. I don't like

because

Behavior Goal:

3. I like

because

4. I don't like

because

5. I don't

now because

6. I would be more likely to

if

If your statements indicate that you have major reservations about changing your behavior, work to build your motivation and commitment before you begin your program. Look carefully at your objections to changing your behavior. How valid and important are they? What can you do to overcome them? Can you adopt any of the strategies you listed under statement 6? Review the facts about your current behavior and your goals.