

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

Activity 12 Involving the People Around You

Your behavior change program will be more successful if the people around you are supportive and involved or at least are not sabotaging your efforts. Use your health journal to track how other people influence your target behavior and your efforts to change it. For example, do you always skip exercising when you're with certain people? Do you always drink or eat too much when you socialize with certain friends? Are friends and family members offering you enthusiastic support for your efforts to change your behavior, or do they make jokes about your program? Have they even noticed you efforts? Summarize the reactions of those around you in the chart below.

Target behavior: _____

Person	Typical Effect on Target Behavior	Involvement in/Reaction to Program
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

It may be difficult to change the actions and reactions of the people who are close to you. For them to be involved in your program, you may need to develop new ways of interacting with them (for example, taking a walk rather than going out to dinner as a means of socializing). Most of your friends and family members will want to help you if they know how. Ask for exactly the type of help or involvement you want. Do you want feedback, praise, or just cooperation? Would you like someone to witness you contract or to be involved more directly in you program? Do you want someone to stop sabotaging your efforts by inviting you to watch TV, eat rich desserts, and so on? Look for ways that the people who are close to you can share in your behavior change program. They can help to motivate you and to maintain your commitment to you program. Develop a way that each individual you listed above can become involved in your program in a positive way.

Person	Involvement in Behavior Change Program
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Choose one person on your list to tackle first. Talk to that person about her or his current behavior and how you would like her or him to be involved in you behavior change program. Below, describe this person's reaction to your talk and her or his subsequent behavior. Did this individual become a positive participant in your behavior change program?
