

Tip sheet

Supporting behaviour change

1. Understand the importance of your relationship with the individual

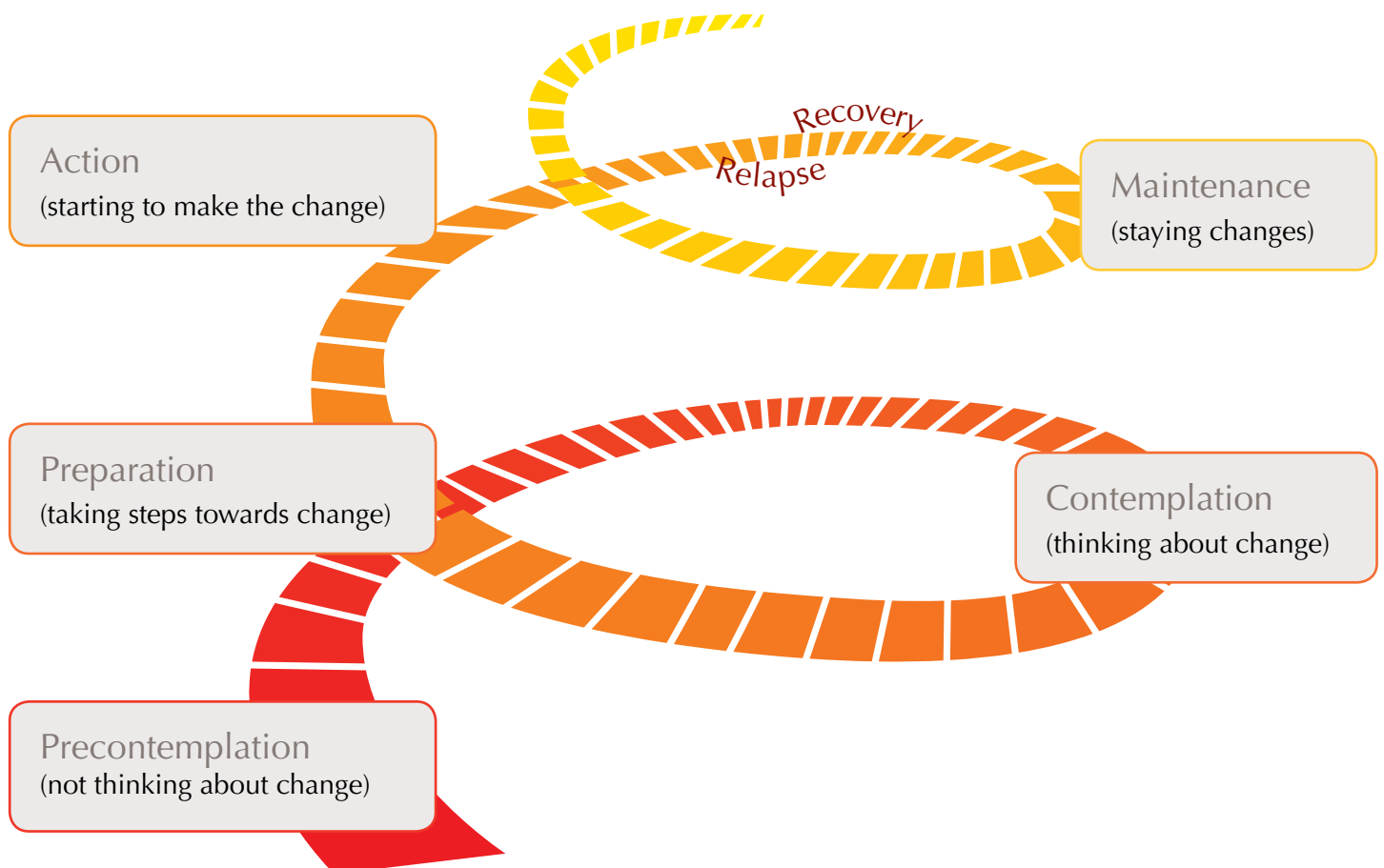
There is ample evidence that a participatory relationship can promote health behaviour change through:

- improved goal concordance
- increased client understanding
- improved self-efficacy
- improved self-management

2. Understand the stages of change

Behaviour change is a process. Help individuals move along the stages of change as they make changes in their health behaviours. They may not be ready to make all the changes that you have in mind.

Stages of change



Prochaska, J.O., & DiClemente, C.C. (1992). *Stages of change in the modification of problem behaviors*. In M. Hersen, R.M. Eisler, & P.M. Miller (Eds.), *Progress on behavior modification*. Sycamore, IL: Sycamore Press.

3. Build self efficacy

Build self-efficacy (confidence that they can change) through setting realistic goals, rewarding progress, encouraging small changes, building supports, role modelling and practice.

4. Ensure any goals that are set are collaborative

5. Identify supports for behaviour change

Help the individual identify supports for behaviour change, among friends, family, neighbours, health professionals, other patients, colleagues, health education groups, or internet chat groups.

6. Help individuals to acknowledge their own strengths

Life is full of change and challenge. All individuals will have made multiple changes in their life. Help them reflect on—and draw strength from—their behaviour change successes.

7. Prevent or manage relapse

- Assist individuals to identify times, places, situations, or emotions that could be difficult
- Develop strategies to manage such challenges
- Help individuals to see relapse as a 'slip up' that can help them learn about themselves.