

# MY EXPERIENCE WITH BEHAVIOR CHANGE

Everybody has tried to change something in their lives. Think of a behavior or habit you have struggled to change in your own life, and you wouldn't mind discussing with others.

If you have successfully made this change, think of a time before you made that change in completing this worksheet.

Examples might include:

- Eating more vegetables
- Saving more for retirement
- Drinking less soda

1. Describe the behavior change you have struggled to make in your own life.
2. Have you attempted to change this behavior before and it just hasn't "stuck?" What has gotten in your way? If you haven't yet attempted the change, why not?
3. What are the benefits or pay-offs for the way things are now (aka the "status quo")?
4. What are the costs, downsides, or risks of the status quo?
5. What are the potential benefits or pay-offs for the change?
6. What are the potential costs, downsides, or risks of the change?
7. Has anyone else ever suggested, ordered, or demanded that you make this change? What effect did that have on you?
8. For the costs and pay-offs you described above, what effect do you think that has on your decision to make the change?