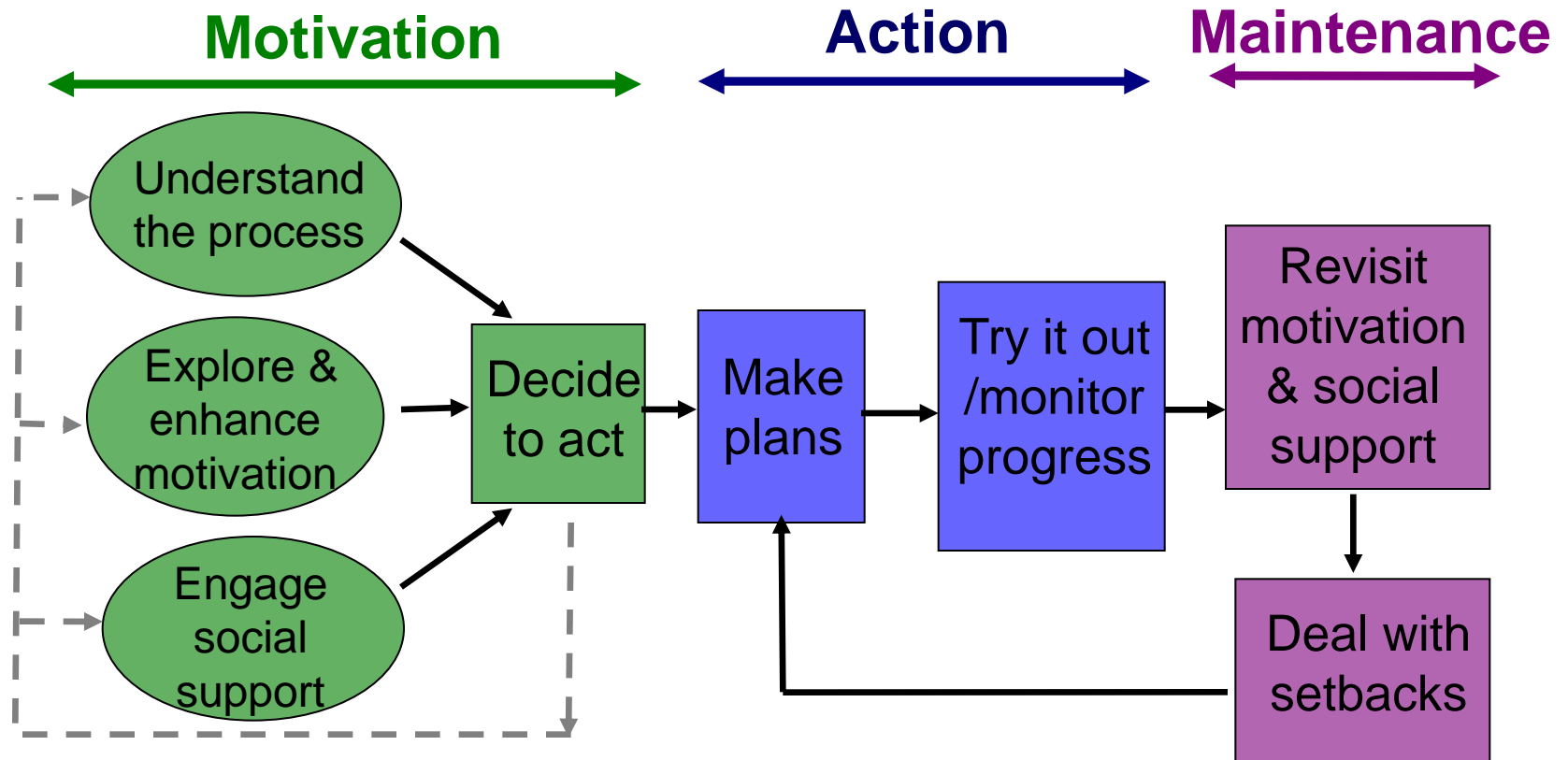


Process model of lifestyle behaviour change

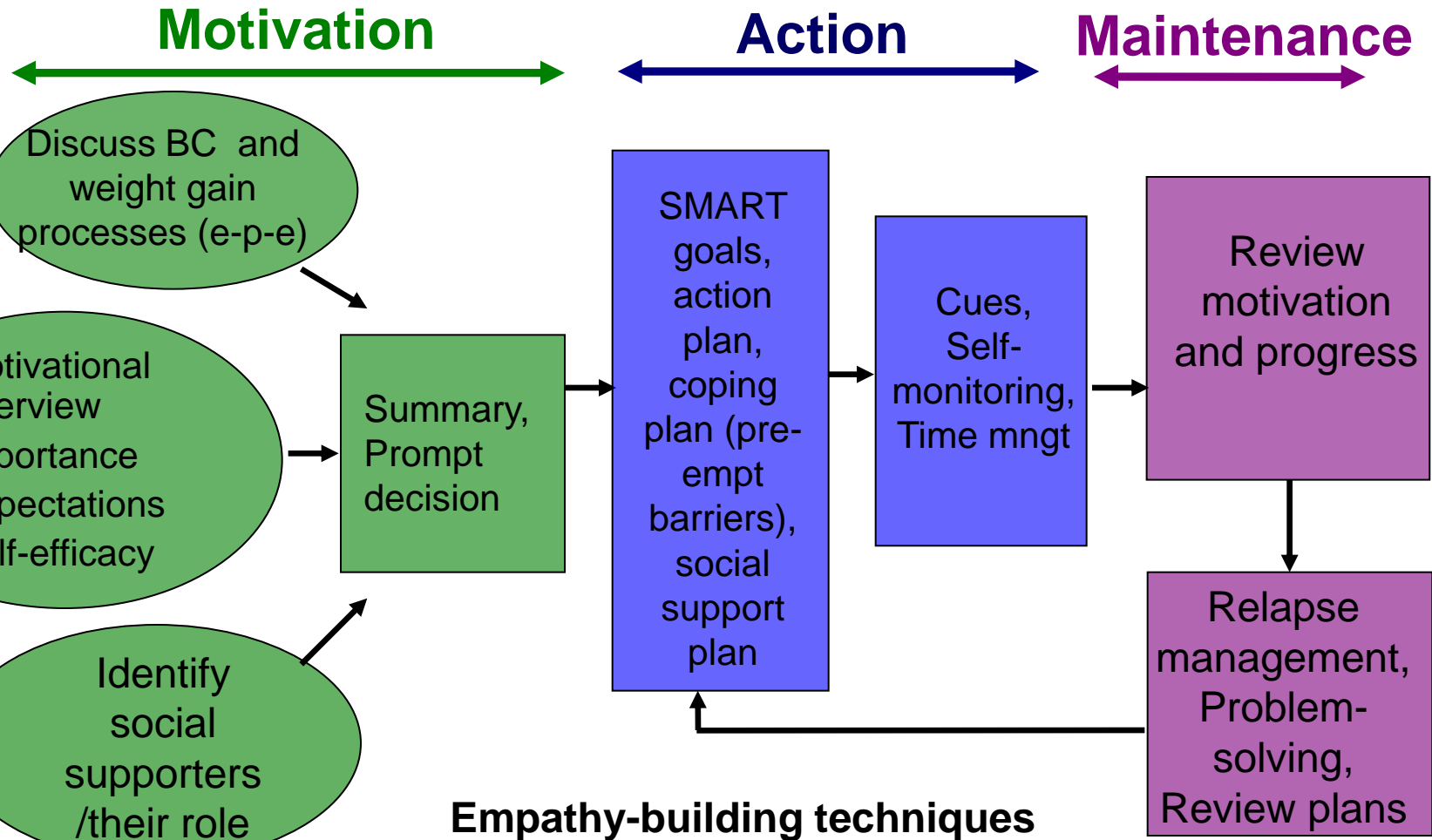


Over-arching philosophy:

Emphasise empowerment / ownership of goals, risk and actions

Develop tools, strategies and motivation to manage lifestyle in the long term

Implied behaviour change strategies



C Techniques for supporting behaviour change

- 1) **Empowerment /engagement:** Reflective Listening; Open-ended questions; Rolling with Resistance; Affirmation
- 2) **Exchanging information:** Ask-Tell-Discuss
- 3) **Motivation:** (Importance plus Confidence): Decisional balance; Confidence Ruler
- 4) **Action planning:** SMART goals. Coping and social support plans (relapse prevention).
- 5) **Self-regulation techniques** (Learning from experience): Using feedback; Self-monitoring; Problem-solving.
- 6) **Managing emotional processes.** Enjoyment of lifestyle; managing food cravings