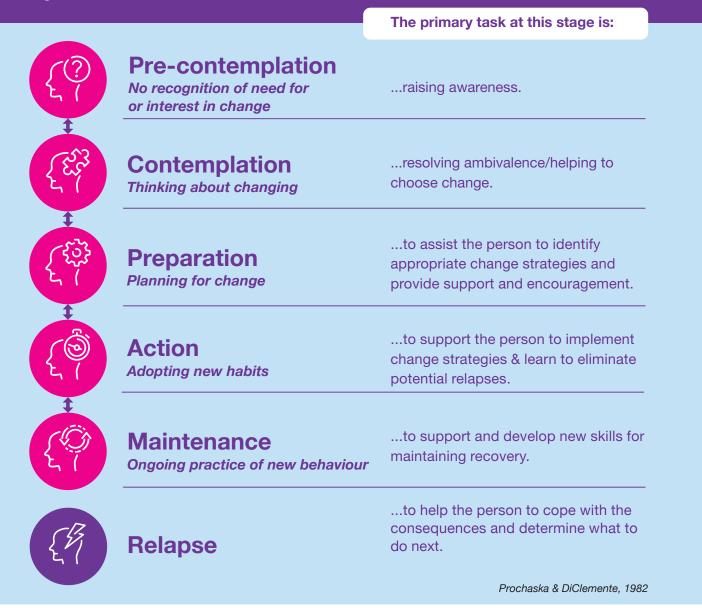
Stages of change Conversations about healthcare behaviours

MOTIVATIONAL INTERVIEWING

This is a model of the stages of change. It is important to note that people typically move back and forth between the stages and move through the stages at different rates.



Making conversations easier





