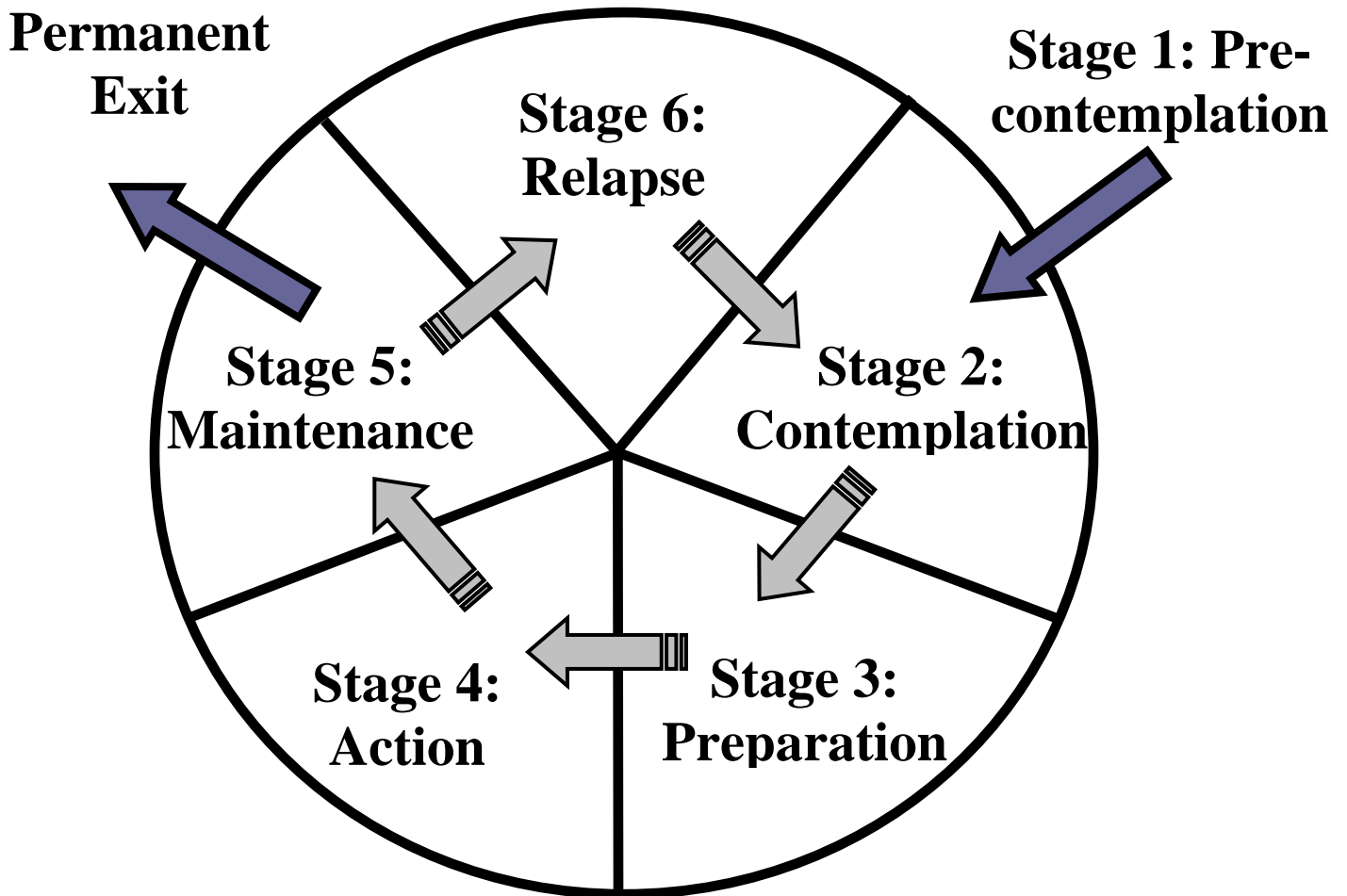


Wheel of Change



Prochaska and Diclemente's Six Stages of Change