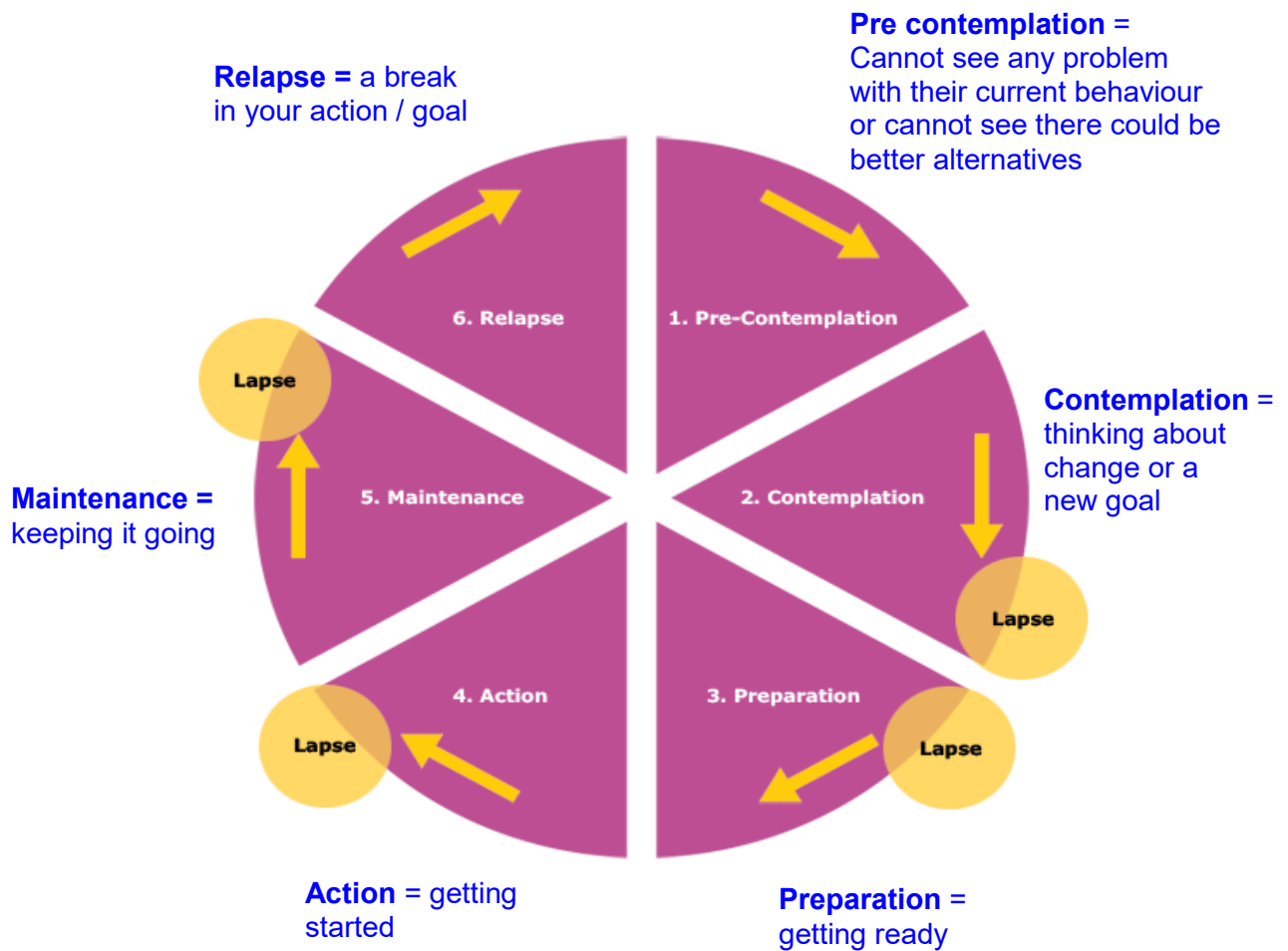




CYCLE OF CHANGE

Before embarking on a goal, it may be useful to consider the cycle of behaviour change.

Cycle of behaviour change



There is a possibility of relapse at each stage of change and this is normal human behaviour.