

You, Your Goals, Your Success – Q&A

Q: What do I do if I fall back from the action stage?

A: My recommendation is to analyze the situation that led to a lapse in healthy behavior, learn what you can from the analysis of the situation in a effort to skill-build, then just move on and get back to your healthy efforts. Also, realize that we often learn more from our failures than you do our success. And finally, learning a new skill, like let's say playing the guitar, often starts with multiple wrong notes...this is a part of the learning process.

Q: I feel like I know what I need to do to get started towards my exercise goal, but am concerned about sticking with it. What can I do to help ensure I'll keep at it?

A: Getting an exercise partner can really help. Enlist a friend, family member, neighbor, or co-worker to exercise with you. On days when you don't feel like exercising, they encourage you. And, on days when they don't feel like exercising, you'll encourage them. Also, when you're exercising with someone, it's more fun and the hour-long workout become less of a grueling hour and more of a social hour. In addition to getting an exercise partner, you can also try setting up behavior related rewards. So, if you exercise M-W-F for 3 weeks, you can get yourself a new shirt or shoes or something you'd enjoy that isn't unhealthy food.

Q: How do I get someone else out of the pre-contemplation stage and on to the contemplation stage?

A: In a compassionate way, let them know that you're concerned about them continuing with their existing behavior. Provide them with information that will educate them on the issue...magazines, brochures, web sites are good sources of educational material. If they have tried unsuccessfully in the past to make the change and as a result feel they are incapable of making the change, let them know they are capable of change. Tell them about all they have accomplished in the past and that they are capable of accomplishing this change too.

