

3A's

Ask

Advise

Assist

5 R's

Relevance

- Find out why a change is personally relevant to the client.

Risks

- Get the client to tell you what the risks are of not changing.

Rewards

- Get the client to tell you what the rewards would be if they do change (better health, etc.)

Roadblocks

- Find out the client's barriers to changing, and encourage client to consider how they might address these.

Repetition

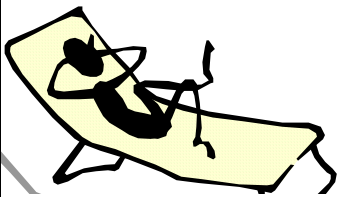
- Every time the client visits, run through the intervention.

Stages of Change & Main Interventions

Precontemplation

(Not Thinking)

Raise awareness



Contemplation

(Thinking)

Emphasize benefits

Increase awareness



Preparation

(Planning)

Assist with strategies

Set a start date

Provide resources



Action

(Doing It)

Focus on gains

Work on plans to resist temptations



Maintenance

(Staying on Track)

Congratulate

Focus on rewards

Work on relapse prevention



Relapse

(Oops)

Encourage to learn from the experience and try again when ready



**When discussing tobacco-free / smoke-free living a 4th A – Arrange, may also be included.*