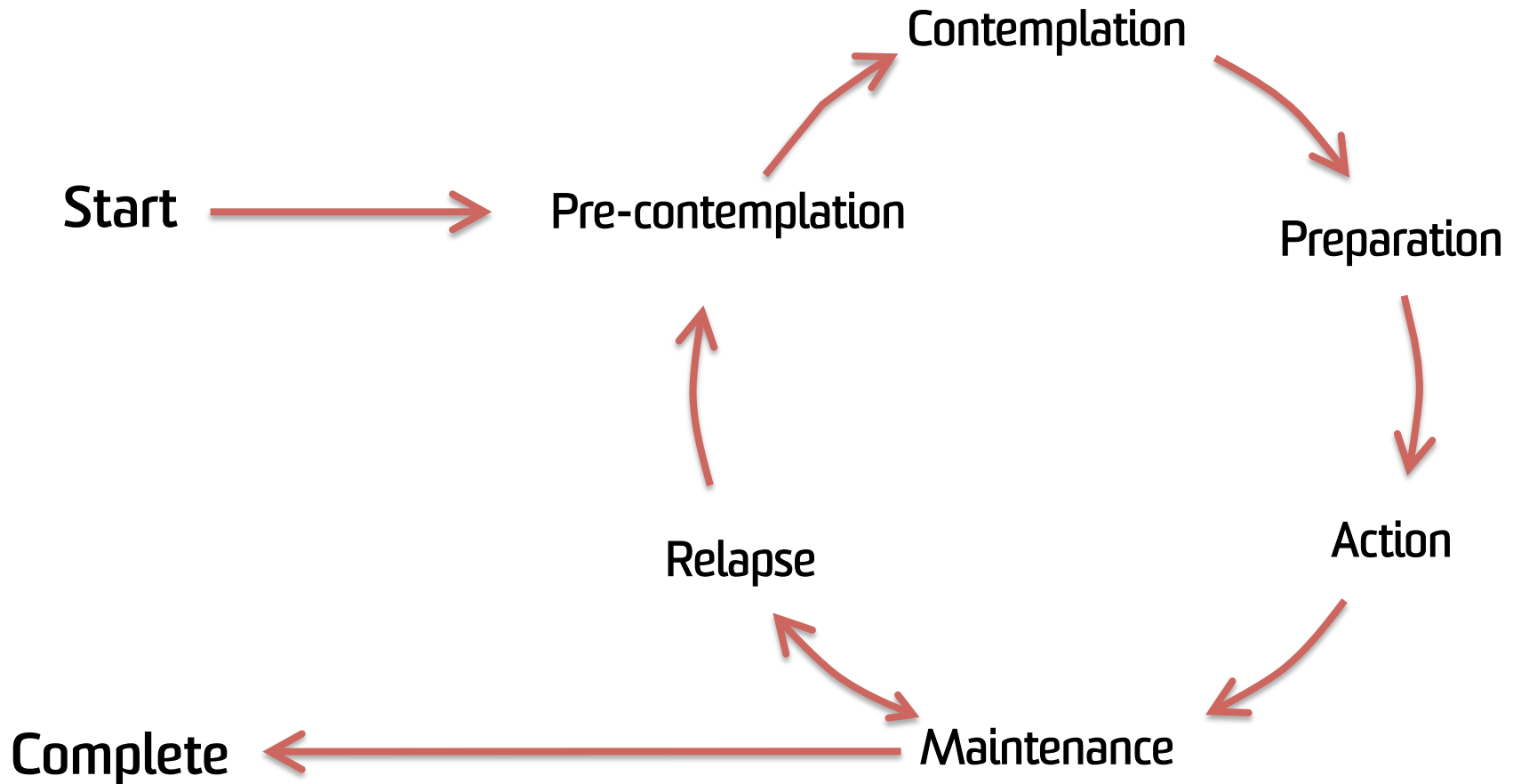
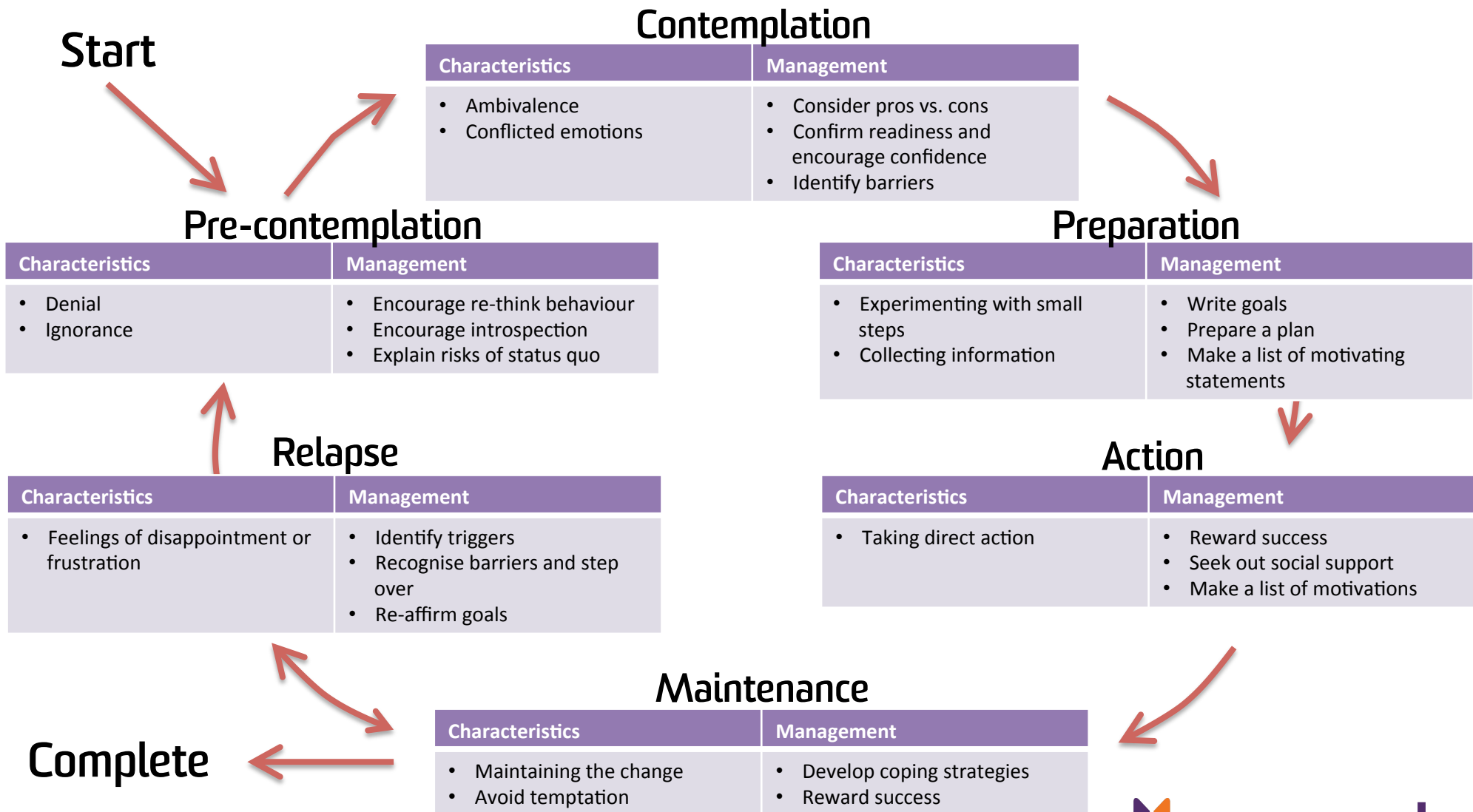


Cycle of change



Source: "Changing for Good" by Prochasta, Norcross and Diclemente

Cycle of change on a page



Source: "Changing for Good" by Prochasta, Norcross and Diclemente