

FEELING STRESSED IS OPTIONAL

Behavior Change: Escapes

What behavior related to escapes would you like to change?

Identify your current stage in changing the behavior you identified above and circle your answer:

1. *Precontemplation*
2. *Contemplation*
3. *Preparation*
4. *Action*
5. *Maintenance*

If you are not at least at stage 3, do the thought work necessary to get there.

On a scale of 1-10, how confident are you that you can make the desired change? Circle your answer.

1 2 3 4 5 6 7 8 9 10

On a scale of 1-10, how important is it to you to make the change? Circle your answer.

1 2 3 4 5 6 7 8 9 10

If you scored lower than 7 for either confidence or importance, do the thought work needed to score higher.

If you scored a 7 or above, you're ready to set your CALMER goals.

What are your CALMER goals?