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NUR 361

“Artifact for Integrative Reflection.”

In this assignment, I explored the Transtheoretical Model (TTM) and applied it to various aspects of my personal health and behavior. The TTM outlines the stages of change individuals go through when modifying behavior which are Precontemplation, Contemplation, Preparation, Action, and Maintenance. I used this model to reflect on my own health behaviors, including my relationships, reproductive health, substance use, and overall mental health. This paper was particularly cool because it allowed me to take a theoretical model and apply it practically to my life. By doing so, I gained insights into my behavior patterns and identified areas for improvement. This self-reflection and application of theoretical knowledge to real-life situations made the assignment both meaningful and impactful.

I selected this paper because it represents a comprehensive integration of course concepts that I learned and applies them with personal reflection. The assignment required me to consider my personal experiences and health behaviors, analyze them through the lens of the TTM, and develop actions to take for improvement. This process enhanced my understanding of the model and provided a structured approach to addressing my health challenges. It was like having a roadmap to better health, and it felt empowering to take control of my well-being in such a systematic way.

This assignment is a prime example of reflection. By assessing my health behaviors and stages of change, I was able to critically evaluate my current practices and identify areas that needed improvement. Reflecting on my relationships, reproductive health, substance use, and mental health through the TTM framework allowed me to understand my behaviors better and plan for positive changes. It was an eye-opening experience that made me realize the importance of being mindful about my actions and their impact on my health.

The paper demonstrates the use of multiple perspectives by integrating different aspects of my life and considering my physical health and my mental and emotional well-being. I also examined the impact of my relationships and social environment on my health behaviors. It was interesting to see how different parts of my life influence each other and how small changes in one area can have a big impact overall.

The assignment shows the application of knowledge through the practical use of the TTM. By applying this theoretical model to my personal health behaviors, I was able to create specific plans for improvement. For example, recognizing that I am in the Precontemplation stage regarding quitting caffeine allowed me to identify the need for increased awareness and motivation. Another example is understanding that I am in the Action stage for reconnecting with my family provided clarity on the steps I need to take to achieve my goals. It was satisfying to see theory translate into tangible steps that could lead to real improvements in my life.

The significance of this paper is that it reflects my ability to integrate what I learned from the course with personal experiences, demonstrating reflection, multiple perspectives, and the practical application of knowledge. This was a valuable exercise that taught me a lot about myself and gave me the tools to make positive changes for the future.