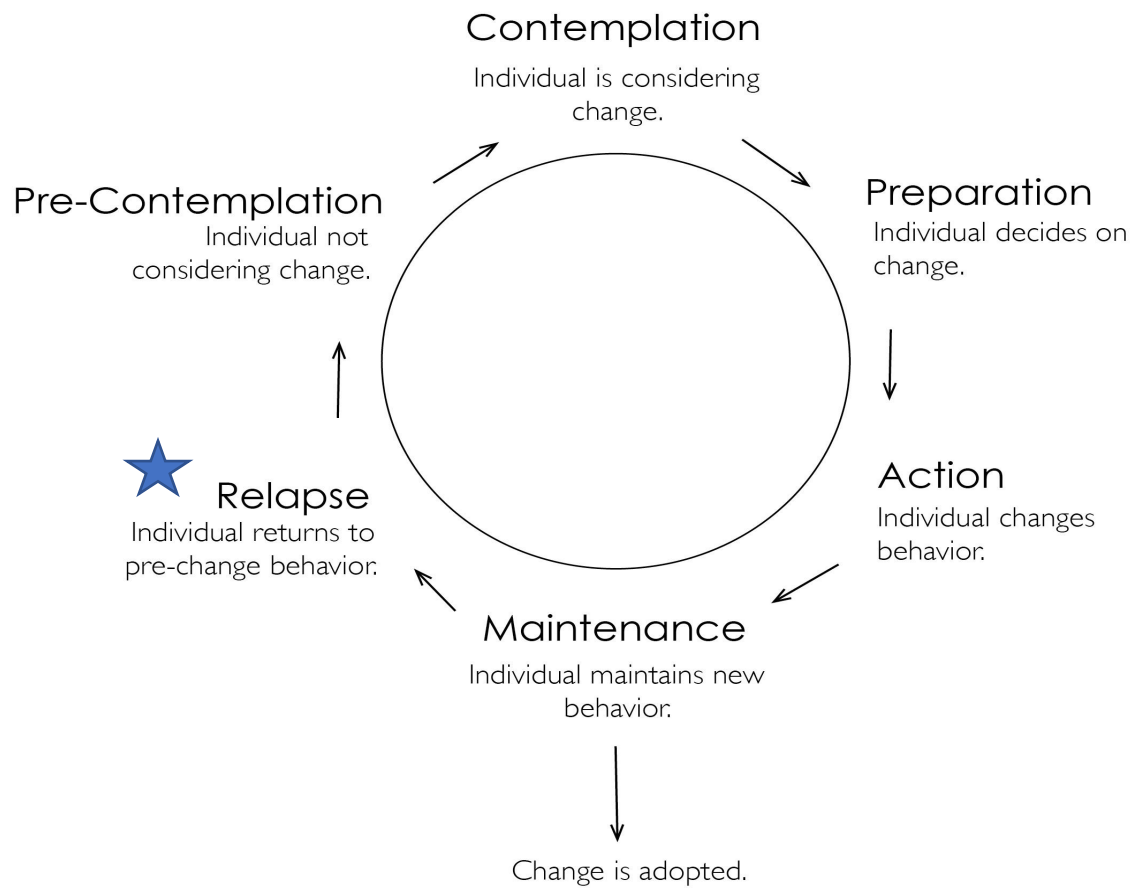


# Wheel of Change



Adapted from Prochaska and DiClemente's Cycle of Change Model.