Ten Conditions for Change

a framework for creating positive behaviors

This worksheet is based on the Ten Conditions for Change framework used in ClearerThinking.org's online tool "Change Behavior for the Better," which breaks positive behavior change into three phases and ten conditions that are sufficient to create a behavior change. More information on this framework can be found at: https://www.sparkwave.tech/conditions-for-change. You can access the tool here: https://programs.clearerthinking.org/change_behavior.html

The Behavior Change

_____

_____

The sequence of actions that will be sufficient for the behavior change:

1) _____

2) _____

3) _____

4) _____

5) _____

Check off the conditions below that have already been met. Those that remain should be your main focus in making the behavior change. Brainstorm a strategy for making sure that each of the missing conditions is met.

Phase 1: Deciding on the change

☐ Condition 1: Considering the change
If you're not already genuinely considering making the change, what could you do to start seriously considering it?

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☐ Condition 2: Desiring the change
If you don't already really want to make the change, what could you do to desire it more?

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☐ Condition 3: Intending the change
If you haven't already committed to start working towards the change, what could you do to make (and stick to) this commitment?

Phase 2: Acting on the change

☐ Condition 4: Remembering to take the actions
How will you remind yourself to complete the actions in the sequence?

☐ Condition 5: Believing in the success of the actions
How can you be more confident that the action sequence will lead to the change?

☐ Condition 6: Choosing the desired actions over other alternatives
How will you choose the actions in the sequence when confronted with tempting alternatives?

☐ Condition 7: Knowing how to do the actions
How can you gain the knowledge required to complete the actions in the sequence?

☐ Condition 8: Having the resources for the actions
How can you gain the resources required to complete the actions in the sequence?

☐ Condition 9: Embodying the skills required for the actions
How can you learn the skills required to complete the actions in the sequence?

Phase 3: Continuing the change

☐ Condition 10: Maintaining the change over time
How can you maintain all of the previous conditions for the foreseeable future?