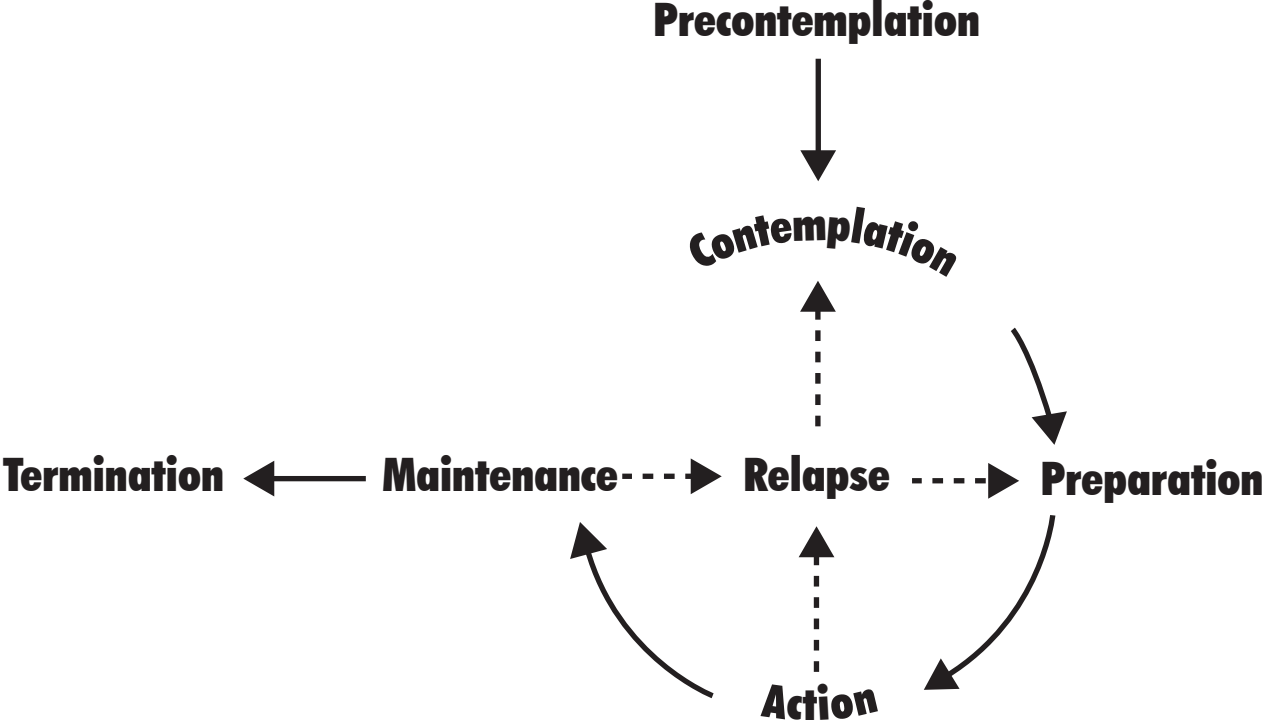


# STAGES OF CHANGE



(Adapted from Prochaska et al., 1997)



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