**TTM-Cyclical process**

Theory that assumes change progresses over time, with someone going through six stages of change, with different needs based on where they are in the change process2,5.



**TTM-Link to Motivational Interviewing**

TTM provides a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for understanding behavior change, but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is how one person can help another person move through the change process4,6.



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