**What is preparation?**

A patient intends to take action to change a behavior soon, usually within the next month2

**Core principles + OARS for someone in Preparation**



* Support self-efficacy1
	+ **Affirmations**4
* Help them identify a support or an **accountability** partner3
* Help them make a plan or set a goal3

**Figure 1.** Adapted from Tuccero, Railey, Briggs & Hull (2016). Behavioral Health in Prevention and Chronic Illness Management, Primary Care: Clinics in Office Practice, 43, 191-102. doi: 10.1016/j.pop.2016.01.006



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