



# A Framework for Supporting Behaviour Change

Michie et al 2011





### Know How to Change

To make a change, a person must feel they have the right skills and knowledge to help them overcome any barriers they may experience.



### Want to Change

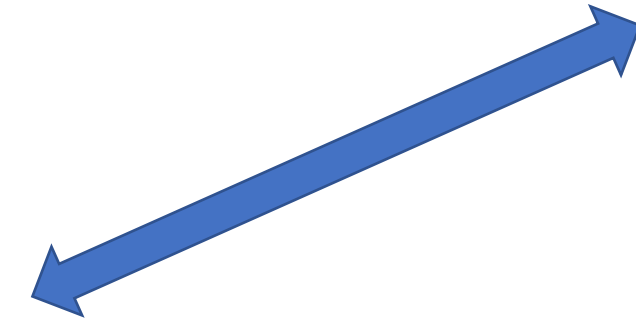
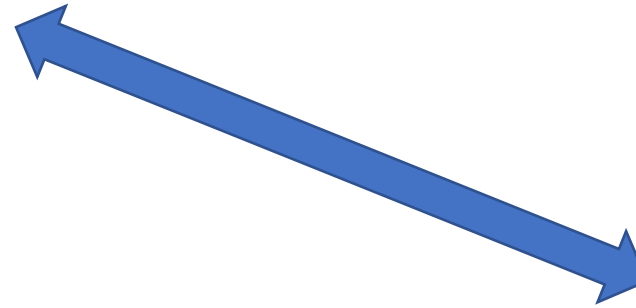
To make a change a person must want to achieve a change, it can help if they know what the change means to them.



### Can Change

To change, a person needs a physical and social environment that supports the change.

This is why its important to try to understand someone else's world



Recipe for  
Behaviour  
Change



# Things to consider when supporting Behaviour Change

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For change amongst other things we need to:

- Know what to do
- Know how to do it
- Think it is a good thing, for us to do
- Believe it's do-able, for us
- Believe it is our role, aligns with our identity
- Believe that people we trust/respect/value think its is the right thing for us to do
- Work or live in an environment that allows and supports us to do it