

## **LESSON FIVE: ACTION**

**Key Verse:** *“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.”* Romans 12:2 NLT

Our thinking must be changed (transformed) from old, ungodly ways of thinking into new, godly ways of thinking.

Carlo DiClemente and James Prochaska's Stages of Change Model, introduce five official stages of change: pre-contemplation, contemplation, preparation, action, and maintenance. An unofficial 6th stage, relapse, is popularly included because occasional slips are inevitable in the change process.

### **STAGE ONE: PRE-CONTEMPLATION**

In the pre-contemplation stage, people do not see the need to change. They do not recognize the consequences of their actions. Themes: ignorance or denial.

### **STAGE TWO: CONTEMPLATION**

People acknowledge their problems in the contemplation stage but may not have the confidence to change. Themes: uncertainty, conflicted emotions, ambivalence.

### **STAGE THREE: PREPARATION**

In the preparation stage, people are willing to take small steps forward. They learn to identify resources and lean on their support systems. Themes: Small tasks.

### **IDENTIFY NEGATIVE OR SELF-DEFEATING MINDSETS**

- Negative filtering Mentality – Filtering out all of the positive information about a specific situation, and only allowing in the negative information.
- Pessimistic Mentality – Seeing the worst parts of things or thinking the worst will happen
- Victim mentality – Constantly blaming other people or situations for the “bad” things that happen *to* you.
- Island man thinking – Loneliness leads to despair.
- “Trust no one” Mentality – A result of past disappointments.

## STAGE FOUR: ACTION

What we know in our minds to be true forms a conviction in our hearts of that truth, and that conviction in our hearts translates into action.

People in the action stage have developed clear plans for change and are implementing them. This is a very energizing stage, for both the person seeking to change and the witnesses in their lives.

There are two keys to the action stage:

1. Recognizing your “help”

Your help comes from the Lord. [Psa 121:1-2 NKJV] 1 *A Song of Ascents. I will lift up my eyes to the hills--From whence comes my help? 2 My help [comes] from the LORD, Who made heaven and earth.*

2. Recognizing your “why”

Why are you doing what you are doing?

- Making the change
- Living the change - lifestyle
- Being the change - who you are

[2Co 5:17 NKJV] 17 Therefore, if anyone [is] in Christ, [he is] a new creation; old things have passed away; behold, all things have become new.

### ***TIPS FOR HELPERS – HELPING PEOPLE WHO ARE IN THE ACTION STAGE.***

- Throw them a Parade.
- Acknowledge baby steps.
- Don't make jokes about their progress.