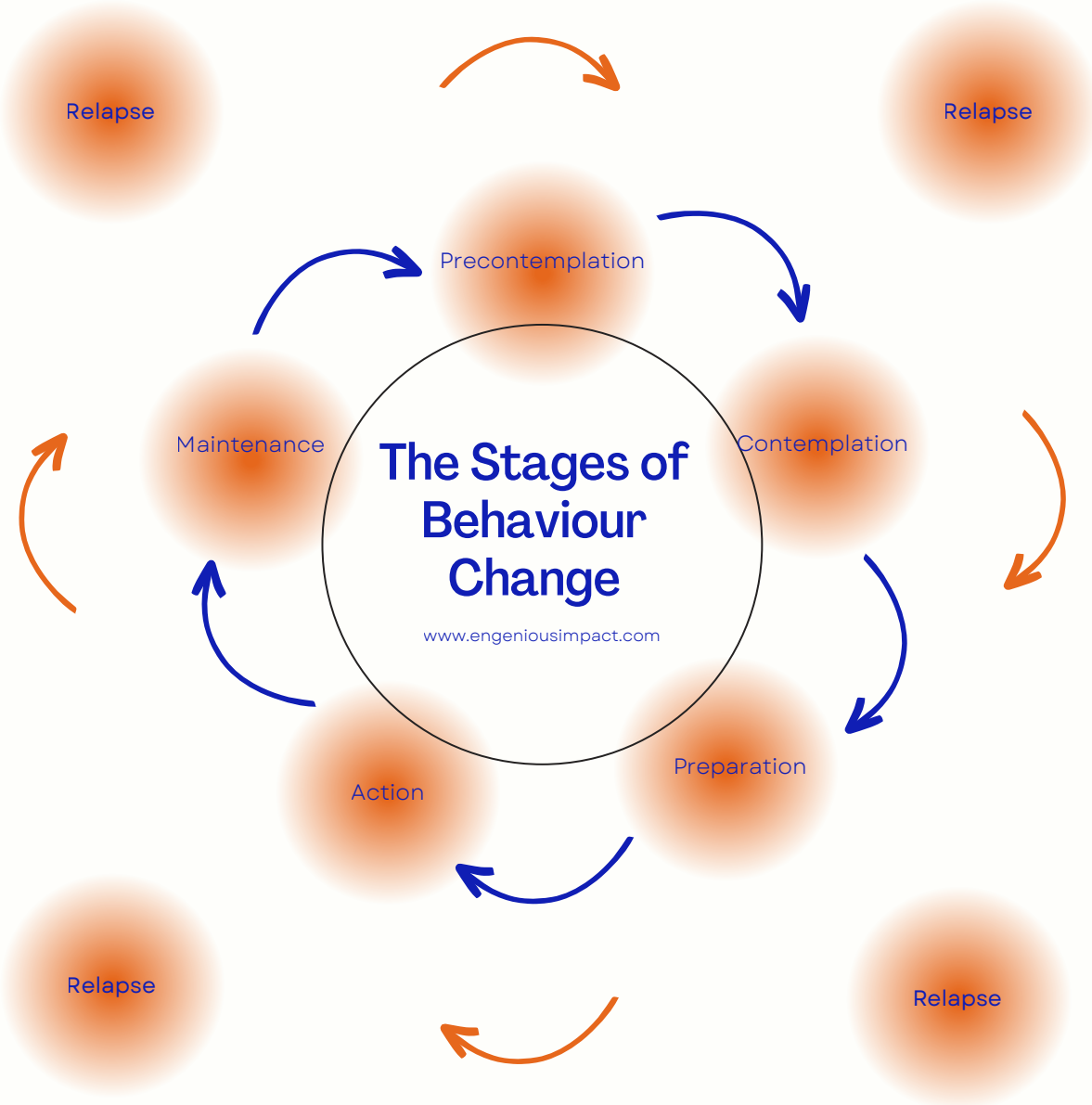


# The Transtheoretical Model (TTM)



Behaviour change is a process that unfolds over time, involving progress through a series of stages. While the time a person spends in each stage varies, the tasks required to move to the next stage do not.