**Chapter 4**

1. The Transtheoretical Model (TTM) is unique in that it specifies a \_\_\_\_\_\_\_\_\_\_\_ dimension in behavior change.

A. time

B. place

C. personal

D. spatial

2. The stage in which one is planning for change in the immediate future, usually defined as in the next month, is known as:

A. precontemplation.

B. contemplation.

C. preparation.

D. action.

3. The stage in which one is considering change in the foreseeable future, but not immediately, is known as:

A. precontemplation.

B. contemplation.

C. preparation.

D. action.

4. Contemplation is the stage in which one is planning for change in the immediate future, usually defined as in the next month. True or False.

5. The experiential process that entails raising awareness about causes, consequences, and cures for a particular problem is known as:

A. consciousness raising.

B. dramatic relief.

C. environmental evaluation.

D. self-reevaluation.

6. The experiential process that involves both affective and cognitive components about how the behavior affects one’s environment and how changing the behavior would influence the environment is known as:

A. consciousness raising.

B. dramatic relief.

C. environmental reevaluation.

D. self-reevaluation.

7. The behavioral process that requires learning of a new, healthier behavior in place of an old, unhealthy behavior is known as:

A. self-reevaluation.

B. self-liberation.

C. counterconditioning.

D. reinforcement management.

8. All of the following are techniques for building self-efficacy, *except*:

A. practicing in small steps.

B. having a role model.

C. setting goals.

D. using persuasion.

9. The urge to engage in unhealthy behavior when confronted with a difficult situation is known as:

A. self-efficacy.

B. decisional balance.

C. cons.

D. temptation.

10. The progression through the stages in TTM is linear. True or False.