



## **Exercise 4: TV Watching Exercise**

**Length:** Approximately 30 Minutes (5 to set up, 15 within activity, 5-10 to debrief)

**Goal:** Experience how behavior is discussed in the context of the Transtheoretical Model of Change. Identify change specific practitioner interventions.

### **Instructions:**

People will be assigned to different groups for 5 minutes based on your current self-identified stage of change. Once you enter your breakout room, discuss with your group members:

### **Groups:**

1. No Way I'm not changing my TV Watching Behavior.
2. Well Maybe.... "Let me think, maybe I should change my TV watching behavior."
3. How I might go about making a change to my TV watching Behavior. "There are a few things I might do to cut-down."
4. The TV is out of here. I am ready to give it up! Or maybe I already have.
5. I haven't watch TV in quite some time.
6. I'm going back to watching TV now, or recently have.

Once done be prepared to share your reason(s) with the group.