

Sample ChangeMap Plan for Stopping Smoking Based on Analysis

Positive Factors

Factor	Type	Can Address?	Relative Weight	Plan
Cost	Attribute	NO	Low	<i>No need to address: Can't change</i>
Laws	Attribute	NO	Medium	<i>No need to address: Can't change</i>
Concern for others	Attitude	YES	Low	<i>No need to address: Well-ingrained</i>
Fear of Cancer	Belief	YES	High	<i>No need to address: Well-ingrained</i>
Family Disapproval	Attribute	NO	Medium	<i>No need to address: Can't change</i>
Social Pressure	Attribute	NO	Medium	<i>No need to address: Can't change</i>

Negative Factors

Factor	Type	Can Address?	Relative Weight	Plan
Relieves Anxiety	Attribute	YES	High	<i>1. Get prescription meds from physician</i>
Camraderie	Attitude	YES	High	<i>2. Identify ways to change habits. Seek help from non-smoking website, group</i>
Dislikes Coercion	Attitude	YES	High	<i>3. Identify and journal about personal reasons for quitting</i>
Habit	Belief	YES	Medium	<i>4. Identify ways to change habits. Seek help from non-smoking website, group</i>
Spouse Smokes	Attribute	NO	Low	<i>May not be able to change this</i>