

Reversing High Blood Pressure Naturally Night Seven

[Based on Changing Bad Habits for Good – Part 2]

1. What are the ABCs of health lifestyle changes?

A. _____

B. _____

C. _____

2. T/F Goals and behaviors are not the same thing.

3. What does each letter stand for in the SMART mnemonic of target behavior description?

S _____

M _____

A _____

R _____

T _____

4. Antecedents are triggering _____ that have always preceded the bad behavior in the past.

5. T/F Dealing with high risk antecedents is very important.

6. Two ways to deal with an antecedent is

1. _____

2. _____.

7. Two “safe havens” are a church or the _____.

8. Consequences are the _____ that your prior bad behavior gave you.

9. New consequences are the new benefits your new _____ is giving you.