

Learning How to Change Habits

學習如何改變習慣

Toolkit No. 14 健康手冊（十四）

A lot of your diabetes care is up to you. You may have already changed some habits to take better care of yourself. Perhaps you exercise more now than you did before you were diagnosed with diabetes. Maybe you'd like to change other habits but you're stuck—you feel like you just can't get started. **Changing habits can be hard to do. But you can learn a step-by-step approach that will help you reach your goals.**

要如何照護糖尿病，大部分都操之在您。您可能已經改變了一些習慣，做進一步的照護。或者在診斷出有糖尿病之前，即增加了運動量。又或者您想要改變其他習慣，但是覺得很難，就是不想開始行動。改變習慣並不容易。但是，如果能逐步實行，將有助於達到目標。

What happens when you change a habit?

改變習慣的步驟為何？

Every change involves several stages:

改變的進程分成幾個階段：

- **Precontemplation.** Maybe you think that a change would help but you're not ready or interested. You feel the change would be too hard to make.
- **Contemplation.** You're thinking about making a change, but not right away. At this stage, the costs of making the change still outweigh the benefits.
- **Preparation.** You're ready to make the change within the month. You've made a realistic plan and you've gathered what you need to carry out your plan.
- **Action.** You've taken action and started your new routine. But sometimes you're tempted to go back to your previous habits.
- **Maintenance.** After more than 6 months of your new routine, you're used to doing it. It's now a habit.
- **無意圖期。** 您可能覺得改變會有幫助，但還沒準備好或不感興趣。這時會覺得習慣難以改變。
- **意圖期。** 您已想要改變，但不是現在。在這個階段，會覺得改變要花太多力氣，比起好處而言，還不太值得。
- **準備期。** 您已經準備好在一個月內做出改變，包括已經做了實際的計畫，也已蒐集實行計畫所需的資訊。
- **行動期。** 您已經開始行動，並開始新生活。但有時候會很想回到過去的習慣。
- **維持期。** 在新生活開始 6 個多月以後，現在就習慣了，於是便成為例行的習慣。

Think about what stage you're in for changes you'd like to make. Are you in the early stages— not yet ready for a change? Or maybe you'd like to make a change but you don't know how. Knowing what stage you're in can help you choose the best approach to changing habits and attaining your goals.

要改變呢？或者想要改變，但不知該怎麼著手。知道自己在哪一個階段，便能選擇最適合的方法來改變習慣，朝目標邁進。



You can make it easier to eat low-fat foods by stocking up on fruits and vegetables.
想更容易吃低脂的食物，可在家裡多放些水果和蔬菜。

Changing Habits: Getting Started 改變習慣：現在就開始

Think about your diabetes care. Then fill in your answers.

想想看自己要如何照護糖尿病。然後在下面寫下答案。

What's my goal?

What change would help me reach my goal? _____

我的目標是什麼？

做什麼改變可以幫我達到目標？ _____

What stage am I in for this change? 我目前在改變的哪一個階段？

- I'm not ready to change right now.
- I'm thinking about doing it sometime.
- I might do it in the next month.
- I'm doing it now.
- I've been doing it for more than 6 months.

- 我還沒準備好現在就要改變。
- 我考慮在未來做出改變。
- 我可能在下個月就做改變。
- 我現在正在改變。
- 我已經改變超過 6 個月。

Not quite ready to take action? 還沒準備好要付諸行動？

Here's what to do next.
那麼可以試試看下面的方法。

To move from the "not-ready" stage to the action stage:

要從「尚未準備好」階段往行動階段邁進，可以：

- Consider the benefits of the change. For example, if you took a half-hour walk every morning, how would that help your health? What effect would it have on your weight?
- Answer these questions:

What part of this change would be hard

for me? _____

Why haven't I made this change before? _____

How can I work around these problems? _____

- 想想看改變的好處有哪些。比方說，如果每天早上散步半小時，會對健康有什麼助益？對體重又有什麼影響？
- 回答下面的問題：

在做這項改變時，我覺得什麼最困難？ _____

為什麼以前不做同樣的改變？ _____

我要如何解決這些問題？ _____

Ready to make a change?

準備好改變了嗎？

Here's what to do next.

那麼可以試試看下面的方法。

To change a habit, you'll need a realistic, achievable plan. Your plan should be as specific as possible. Your health care team can provide information to help y

要改變習慣，就需要切合實際、能夠達成的計劃。計劃內容應盡可能具體。醫護人員可提供資訊來幫助您。請將您的計劃寫下來：

- **Here's what I'll do:** _____

- Example:* I'll take a brisk walk 5 days a

week for half an hour.

- **Here's when I'll do it:** _____

Example: I'll walk after breakfast.

- **Here's what I need to get ready:** _____

Example: I'll need comfortable walking shoes.

- **This might get in the way of my plan:** _____

Example: If it's raining, I won't be able to walk outside.

- **If that happens, I'll do this instead:** _____

Example: I'll go to the recreation center and walk around inside.

- **Here's when I'll start:** _____

Example: I'll start my walks on Monday.

- 我要做的改變是： _____

例如： 每週五天，每天快走半小時。

- 時間在： _____

例如： 用過早餐後。

- 我需要準備： _____

例如： 一雙舒適的步行鞋。

- 會阻礙計劃的問題： _____

例如： 如果下雨，就不能在外面散步。

- 如果問題發生，會改做： _____

例如： 我會到附近的休閒中心，在裡面四處走走。

- 開始時間在： _____

例如： 從星期一開始散步。

Ready to take action or already taking action?

準備好要付諸行動，或已經採取行動了？

Here's what to do next.
那麼可以試試看下面的方法。

Once you've started your new habit, you'll want to take steps to keep doing what you're doing. These steps can help:

開始新生活後，您可能會想要找些方法來讓自己維持下去。不妨試試下面這些方法：

- Set up things around you so it'll be easier to stick with your new habit. For example, stock up on vegetables and fruit instead of high-fat snacks.
- Make it easy to find time for your new habit by changing your schedule or your routine. If you prefer to walk in the morning before work, get up a little earlier so you'll have time.
- Think about roadblocks that might come up and plan ways to get around them.
- Ask for support from family, friends, and your health care team. For example, ask a family member to watch the kids while you go for a walk.
- If you sometimes slip up and go back to your old habit, don't despair. You can start fresh tomorrow.
- Keep track of your efforts by writing down what you're doing.
- Vary your routine to keep it interesting. For example, if you're tired of walking around your neighborhood, walk inside the shopping mall instead.
- Reward yourself for sticking with your plan.
- 從周遭環境著手，讓自己更容易堅持新的習慣。例如，在家裡多放些蔬菜和水果，而不要放高脂肪的點心。

- 改變自己的行程或慣例，更容易找出時間來習慣新的改變。比方說，如果您想在早上上班前散步，那麼就早點起床，讓自己有充裕的時間。
- 想想看會有哪些阻礙，想辦法來克服這些阻礙。
- 尋求家人、朋友及醫護人員的支持。例如，請家人在您散步時幫忙看顧孩子。
- 如果不小心又回到過去的習慣時，不要感到灰心。明天可以重新開始。
- 記錄做了些什麼，追蹤自己的成果。
- 在計劃裡加些變化，而不致陷於枯燥。比方說，如果厭倦在附近散步，可到購物中心裡走走。
- 為能堅持計劃給自己些鼓勵。

Remember: it takes time to make new habits, but your patience and persistence will pay off in the long run.

請記得：雖然需要花時間來培養新習慣，但只要有耐心與毅力，終將有所回報。



American Diabetes Association 1-800-DIABETES
(342-2383) www.diabetes.org

©2004 by the American Diabetes Association, Inc. 03/04