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**Step 1**  
Identify stage of  
readiness to act  
(See Step 1 on back)

**Step 2**  
Explore barriers  
preventing action

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**Step 3**  
Address barriers  
and develop a  
plan

**Step 4**  
Arrange  
follow-up

	<b>Stage 1 Unaware</b>	<b>Stage 2 Uninterested</b>	<b>Stage 3 Contemplating</b>	<b>Stage 4 Acting</b>	<b>Stage 5 Maintaining</b>
	<b>Lacks basic information</b>	<b>Has beliefs that minimize own risk for breast cancer</b>	<b>Has fears based on beliefs &amp; past experiences</b>	<b>Has scheduling or cost issues; may need plan for sharing results</b>	<b>Needs reminder cues</b>
	<b>Give basic information</b>	<b>Give personalized information in terms of an individual risk assessment</b>	<b>Talk out fears; problem solve around barrier</b>	<b>Address logistics; set up reminder system</b>	<b>Set up reminder system</b>