

Table 1: Definitions of Processes of Change

Construct	Definition
Consciousness Raising	Increasing information about self and problem
Dramatic Relief	Experiencing and expressing feelings about one's problems and solutions
Environmental Reevaluation	Assessing how one's problem affects physical environment
Social liberation	Increasing alternatives for nonproblem behaviors available in society
Self-reevaluation	Assessing how one feels and things about oneself with respect to a problem
Self-liberation	Choosing and commitment to act or belief in ability to change
Reinforcement management	Rewarding one's self or being rewarded by others for making changes
Helping relationships	Being open and trusting about problems with someone who cares
Counterconditioning	Substituting alternatives for problem behaviors
Stimulus Control	Avoiding or countering stimuli that elicit problem behaviors