

BARRIERS AND FACILITATORS OF CHANGE

LIST THE RISK REDUCTION OPTION YOU CHOSE AND WHAT WOULD HELP AND WHAT WOULD MAKE IT DIFFICULT TO DO YOUR OPTION

My chosen STD/HIV risk reduction option is:

1.

Things that would help me (facilitators) to do my option:

1.

2.

3.

Things that would make it difficult for me (barriers) to do my option:

1.

2.

3.

Some potential solutions to overcome my barriers are:

1.

2.

3.

I need the following support:
