

## GETTING READY FOR ACTION

### **LIST YOUR RISK REDUCTION OPTION, BARRIERS TO MAKING THE CHANGE, AND HOW YOU PLAN TO OVERCOME THOSE BARRIERS**

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The option I choose to try for STD/HIV risk reduction is:

1.

What will be hard for me in making this change? What are the barriers to change?

1.

2.

3.

What will help me to make the change? What can I do to overcome the barriers?

1.

2.

3.

First step to making the change:

1.