

**FIRST STEP TOWARD CHANGE HOMEWORK**

**Just Noticeable Change (JNC)** – Engaging in a behavior that leads to a change in focus or direction. This is a “baby-steps” skill. JNC allows for taking a first step toward change. It is a short-term skill designed to change the individual's “threshold” of experience. This helps the individual to identify that small steps can have a big impact concerning the process of change.

Provide an example of each of the following categories that you want to maintain or reinforce.

Thoughts

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Feelings

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Behaviors

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Attitudes

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Expectations

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Beliefs

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Anticipated outcomes

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Provide an example in each category for which you want to take the first step toward change.  
Include that first step.

Thoughts

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Feelings

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Behaviors

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Attitudes

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Expectations

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Beliefs

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Anticipated outcomes

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