



# SELF-MONITORING AND SELF-EVALUATION

**Self-monitoring and self-evaluation** of attempts at behaviour change help to determine:

- *Whether* the behaviour is actually changing
- *How much* the behaviour is changing
- *Why* the behaviour might *not* be changing
- *Why* the behaviour is changing
- *How* behaviour change makes one feel

## What should we monitor?

1

**Behavioural patterns** in relation to the goal

2

**Immediate reactions** to behaviour change attempts

3

**Changes in well-being** after behaviour change attempts

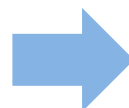
## What can be learnt?

**Frequency of efforts** required to resist the old behaviour or instigate the new one

**Perceived difficulty** of resisting the old behaviour or instigating the new one

**Frequency of failure** to act as planned

**Reactions** to slow progress and potential diminishing self-efficacy



Are each of these **declining** over time?

What **strategies** could be put in place to speed progress?

What has been the **success** of strategies used to date?

## What is required?

1

### Keeping good records

Digital apps and tools (e.g. Habitica) can be particularly helpful

2

### Taking appropriate action

Relevant rewards for achievements and remedial action for inadequate progress

## SELF-MONITORING METHODS



Keeping a diary  
(Apps can be useful here)



Glucose check



Wearing an accelerometer  
(e.g. Fitbit)



Blood pressure machine

## MONITORING CHANGES TO WELL-BEING

Monitor changes in well-being that might be related to behaviour change



If **positive**, it shows:

- Life can be better
- Feared negatives have not occurred



If **negative**, consider:

- Is the effect temporary?
- How can you minimise negatives?

## GOAL REVIEW

If goal **was met**, ask:

Can we make the goal slightly more challenging?

Amend goal if needed

If goal **was not met**, ask:

Was the goal too ambitious?

Was the goal not specific enough?

Amend goal if needed



### Avoid reviews when actively facing challenges

It is important to be as objective as possible.  
Reviewing a goal when feeling deflated may colour judgement.

# YOUR TURN!

What behaviours do you need to monitor?

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How will you monitor these? For example, what app will you download?

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How did you feel after your behaviour change attempt?

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At what time during the day will you set aside 5 minutes to review your progress?

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