

STAGE 1 Shaping Opinion <hr/> Opinion Formed	STAGE 2 Seeing Reality <hr/> New Resolutions	STAGE 3 Re-calibrating Relationships <hr/> The Big Flip	STAGE 4 Embedding Habits <hr/> Life-style Aligned	STAGE 5 Evolving Habits <hr/> Continually Evolving
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<p>LIFESTYLE SEEKER</p> 	<p>If someone cares about me, they should show me (with gifts)</p>	<p>I need to make sure men are going to provide for me</p>	<p>I don't need to risk my health to live the lifestyle I desire</p>	<p>My relationships are aligned to a successful lifestyle</p>	<p>Relationships continue to be aligned to lifestyle goals</p>
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<p>AFFIRMATION SEEKER</p> 	<p>I should be with partners that make me feel desirable and safe</p>	<p>One man is not enough to satisfy my emotional needs</p>	<p>Relationships can fulfill my emotional needs without compromising my health</p>	<p>I am emotionally fulfilled in my relationships</p>	<p>Relationships continue to provide sustained adoration</p>
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<p>RESPECT SEEKER</p> 	<p>I can keep myself safe by making good partner choices</p>	<p>No more men – I need to wait until I find men that are trustworthy</p>	<p>I am able to take more control for protecting my health</p>	<p>Sexual health is a shared relationship goal</p>	<p>Relationships continue to be mutually respectful</p>
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