

## **POLLING QUESTIONS**

### **Change and Stress on the LMC**

**9/27/21 – 10:45 am – 12:15 pm**

#### **Polling Question #1**

Which stage of change is this?

“Wow, this actually might work! I think I see the benefit of this.”

- A. Denial
- B. Resistance
- C. Exploration
- D. Commitment

#### **Polling Question #2**

“I have no control of the weather, so I won’t worry about it!”

This is an example of which strategy:

- A. Power of the delay
- B. Forgiving
- C. Accepting things that you can’t change