



4 STAGES OF CHANGE

The Weighting for Happiness® Project works to uncover your Eating System so you know it clearly and completely. These four stages describe what happens through that process.

STAGE ONE

STAGE TWO

STAGE THREE

STAGE FOUR

AWARENESS



INSIGHT



REALISATION



KNOWING



AWARENESS

You begin to recognise that current solutions are no longer working.

You start to consider there might be deeper causes.

Goal: Notice without judging. You're getting your bearings.

INSIGHT

Insights arrive as brief flashes.

They show the problem from a deeper level, yet they are forgotten quickly.

Goal: Stay open. These are vital clues.

REALISATION

Insights take shape and hold steady.

You see patterns that you can describe and start to work with.

Goal: Stand firm. This is when the system is becoming visible.

KNOWING

The entire system becomes visible. The triggers, loops and shortcuts make sense.

You can act from clarity not reaction

Goal: This is the turning point toward permanent change.