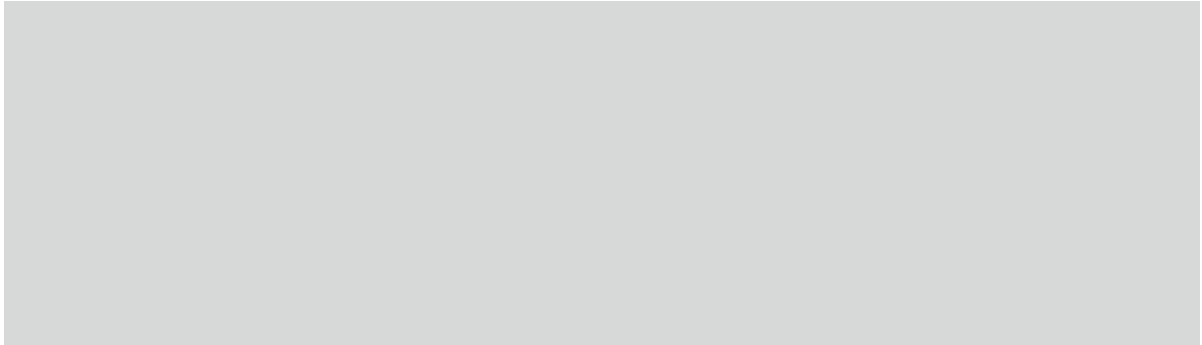


COM-B Diagnosis Worksheet

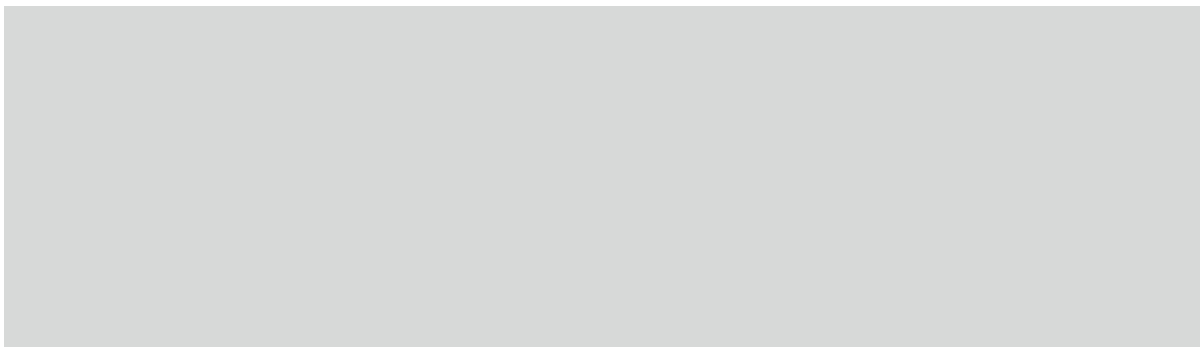
Capability

Does their body allow them to change behaviour? What about their mind?



Opportunity

How does their social environment affect their opportunity to change? How does their physical environment (i.e., their surroundings, time and material resources) affect their opportunity to change?



Motivation

Do their habits and emotions drive them towards change? Do their beliefs and plans drive them towards change?

