

# Contents

Preface	v
Contributors	ix
Directions in the Study of Personal-change Endeavors by Clinical and Social Psychologists: An Introduction <i>Yechiel Klar</i>	1
<b>Initiating Changes: Perceptions and Intentions</b>	
Perceptions of Self-initiated Change <i>Linda Silka</i>	23
Perceptions of Changes in the Self: The Impact of Life Events and Large Group Awareness Training <i>Morton A. Lieberman</i>	43
Opting to Change: Students' Informal Self-change Endeavors <i>Yechiel Klar, Arie Nadler, and Thomas E. Malloy</i>	63
<b>Changing: Process Approaches to Initiation and Maintenance of Changes</b>	
In Search of the Structure of Change <i>James O. Prochaska, Carlo C. DiClemente, and John C. Norcross</i>	87
Lineal and Recursive Perspectives on Change: Describing the Development and Amelioration of Agoraphobia <i>George J. Allen and Barry G. Sheckley</i>	115
Determinants of Relapse in Addictive Behaviors: A Social Learning Approach to Facilitating Maintenance <i>Mary E. Larimer and G. Alan Marlatt</i>	137

<b>Who Succeeds in Losing Weight?</b>	153
<i>Marian L. Fitzgibbon and Daniel S. Kirschenbaum</i>	
<b>Negotiating Changes: The Social Groundings of Personal Change</b>	
<b>The Social Constitution of the Persistence of Personal Change: An Ecological Interpretation</b>	179
<i>Rueben M. Baron and Stephen J. Misovich</i>	
<b>Psychotherapy as a Conversation for Change</b>	197
<i>Cynthia Rosengard and Jack M. Chinsky</i>	
<b>Volitional Personal Change in an Interpersonal Perspective</b>	213
<i>Arie Nadler and Jeffrey D. Fisher</i>	
<b>Social Comparison and Self Change</b>	231
<i>Thomas Ashby Wills</i>	
<b>Structural Equation Modeling of Self-initiated Change</b>	253
<i>Thomas E. Malloy</i>	
<b>Index</b>	273