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## Module 12, Lesson 2 Quiz:

### Resistance to Change

1. Clients may often be resistant to change. If the client lacks competence:
  - a. They don't know how to or believe that they can do what they need to do
  - b. They are questioning the benefits of doing the work
  - c. They deeply link their identity to their food culture
  - d. They don't believe we're going to help them on their journey
2. Clients may often be resistant to change. If the client is hardwired:
  - a. They don't know how to or believe that they can do what they need to do
  - b. They are questioning the benefits of doing the work
  - c. They deeply link their identity to their food culture
  - d. They don't believe you are going to help them on their journey
3. True or false. If you have a client who is resisting the behavior change that you both want him to adopt, it may be a good strategy to ask him about it directly, especially if he is low context.
  - a. True
  - b. False
4. If your client wants to negotiate in their process of adopting new behaviors, they may benefit from which strategy?
  - a. Asking directly
  - b. Collaborating
  - c. Making small goals
  - d. Looking for motivation