

I have developed and validated "Disconnected Values Model" (DVM), which consists of an intervention that replaces unhealthy habits, including doping, with more desirable, healthier rituals. The model posits that health behaviour change is more likely to occur if the person acknowledges inconsistencies between their values and their unhealthy habits. This identification is the key element in the model (see my most recent article in the *Journal of Clinical Sport Psychology*, Dec. 2008). An example would be to claim health, family, or faith as values, yet maintain poor dietary habits and lack of exercise as negative habits that result in obesity and poor health; an outcome that is contrary to these stated values, defined as core beliefs about what is really important in one's life. Four published studies confirm that individuals exposed to the DVM are more likely to change selected health behaviours that are more consistent with their values. The model will be used in changing drug-taking behaviour in sport and to replace unhealthy habits in religious institutions (see *Future Projects*).