



-  Personal
-  Social
-  Environmental
-  Facilitator
-  Barrier
-  Setback





**Personal**

*What the person feels, thinks, or wants*

**In keni** (Lango)

**Anuka** (Iteso)

**In keni** (Acholi)

**Kinyabundu** (Lukonzo)

**Ebikukwatako ngo mutu** (Luganda)

**Binafsi** (Swahili)



**Facilitator**

*Something that makes it easier to do the healthy behavior*

**Gin a weko bedo a yot** (Lango)

**Aisinyikoikin** (Iteso)

**Gin ma weko bedo yot** (Acholi)

**Ekikathokesaya** (Lukonzo)

**Ebikuganya** (Luganda)

**Mwezes haji** (Swahili)



**Social**

*What friends, family, and neighbors say or do*

**Joo ame i bedo kedgi** (Lango)

**Aimorikikina** (Iteso)

**Joo ma ibedo kwedgi** (Acholi)

**Obughuma** (Lukonzo)

**Abakweterodde** (Luganda)

**Kijamii** (Swahili)



**Barrier**

*Something that makes it harder to do the healthy behavior*

**Gin agengo** (Lango)

**Aisimik** (Iteso)

**Gin ma gengo** (Acholi)

**Erikakirya** (Lukonzo)

**Ebiziza** (Luganda)

**Kikwazo** (Swahili)



**Setback**

*Something that could make the person stop doing the healthy behavior*

**Gin na dwokowacen** (Lango)

**Abongor kau** (Iteso)

**Jemi ma dwokowa cen** (Acholi)

**Erisububulha** (Lukonzo)

**Ebikunza emabega** (Luganda)

**Ku weka nyuma** (Swahili)



**Environmental**

*What services, resources, and policies exist where the person lives*

**Jemi a me tye pi ngat a cel acel i kabedo orumuwa** (Lango)

**Atutubet** (Iteso)

**Jemi matye pi ngat acel acel i kabedo maorumuwa** (Acholi)

**Ebithuthimbireko** (Lukonzo)

**Ebyobutonde nebitweterode** (Luganda)

**Mazingara** (Swahili)

# Pathways to Change game

## Ecological Model



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