How ready am I?

Rate how important the change is to you and how confident you are that you can make it.

Name _____ Date _____

The change I am considering

How important is it to me to make this change?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Extremely

Why did I choose that number and not a lower one?

What would have to happen for it to go up by one or two?

How confident am I that I could do it if I decided to?

0 — 1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

Not at all — Extremely

Why that number and not a lower one? What gives me some confidence?

What would help it go up by one or two?

What I have managed to change before, and how I did it

The next small step that feels possible

If importance is low, the work is in looking at what matters to you. If confidence is low, the work is in skills, support and smaller steps.

The importance and confidence rulers come from Motivational Interviewing, developed by William Miller and Stephen Rollnick.

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This handout supports your therapy. It does not replace professional advice.