

## Are You Ready to Make a Change?

Name: \_\_\_\_\_ Date: \_\_\_\_\_

What do you want to change?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Pros and Cons of Making a Change

1 = Not Important      2 = Slightly Important      3 = Somewhat important      4 = Quite Important      5 = Extremely Important

- |   |       |  |
|---|-------|--|
| 1. Some people would think less of me if I change     | _____ |  |
| 2. I would be healthier if I change                   | _____ |  |
| 3. Changing takes a lot of time                       | _____ |  |
| 4. Some people would feel better about me if I change | _____ |  |
| 5. I'm concerned I might fail if I try to change      | _____ |  |
| 6. Changing would make me feel better about myself    | _____ |  |
| 7. Changing takes a lot of effort and energy          | _____ |  |
| 8. I would function better if I were to change        | _____ |  |
| 9. I would have to give up some things I enjoy        | _____ |  |
| 10. I would be happier if I were to make a change     | _____ |  |
| 11. I get some benefit from my current behavior       | _____ |  |
| 12. Some people would be better off if I change       | _____ |  |
| 13. Some people benefit from my current behavior      | _____ |  |
| 14. I would worry less if I change                    | _____ |  |
| 15. Some people would be uncomfortable if I change    | _____ |  |
| 16. Some people would be happier if I change          | _____ |  |

Add up your scores (Total) \_\_\_\_\_

(Total) \_\_\_\_\_

Please check the box that represents the change you have made in regards to your health problems:

1. I have taken action on my problem within the past 6 months	2. I solved my problem more than 6 months ago
3. I intend to take action in the next month	4. I intend to take action in the next 6 months

## The Techniques of Change

Pre-Contemplate	Contemplation	Preparation	Action	Maintenance
Conscious Raising	Conscious Raising			
Social Liberation	Social Liberation	Social Liberation	Social Liberation	
Helping Relationships	Emotional Arousal	Emotional Arousal		
	Self-Re-evaluation	Self-Re-evaluation		
	Helping Relationships	Commitment	Commitment	Commitment
		Helping Relationships	Reward	Reward
			Countering	Countering
			Environment Control	Environment Control
			Helping Relationships	Helping Relationships