**Readiness for Change Assessment**

Please answer yes or no to the following questions.

Are you looking to change a specific behavior? Pattern of behavior?

Have you already done work on changing this behavior?

Are you willing to make a commitment to do the work to make this change?

What are the risks associated with not making any change?

Do you have a support system in place to help you make changes?

Is making change a priority for you?

Change is not easy and requires active dedication. Often a person encounters barriers, obstacles and even slips back into old habits. Can you give yourself grace to recognize when this may occur and commit yourself to pick yourself up and begin again?

This is a questionnaire that is helpful to determine recognition for the need for change. Each statement describes how you might feel when you need to address a specific concern that is happening in your life at this current time, not as it has occurred in the past or how you wish you could feel about it. If you recognize a particular statement that is pertinent to your current concern, feel free to include additional details that you may recognize as the root cause of this concern. After each statement, indicate the degree to which you agree or disagree.

The five possible responses to each statement include:

5 = Strongly Agree

4 = Agree

3 = Undecided or Neutral

2 = Disagree

1 = Strongly Disagree

1. My family/loved ones/friend have asked me to consider making changes they believe are needed. I do not have any problems that need changing.

2. I do recognize some patterns in my life that might need changing. I think I might be ready for some self-improvement.

3. I am trying to work on some things that reveal problems in my life that have been bothering me.

4. I am not sure where to begin but it might be worthwhile working on my problem.

5. My frustrations emerge from other people’s behaviors. I am not the problem one. It does not make sense for me to be here.

6. I am concerned that I might slip back into old patterns/habits on a problem I have already changed, so I am here to seek help to establish sustainable change behaviors.

7. After procrastinating for some time, I have begun doing some work on my problem.

8.I am not satisfied with where my life is right now, and I have been thinking that making changes somehow might be necessary.

9. I have made some improvements through working on my concerns, but I am not sure I can maintain the changes and work by myself without a further strategic plan.

10. At times, my concerns are confusing, overwhelming, and difficult, but I am continually trying to work on these.

11. Being here is a waste of time for me because the problem is usually a result of other people’s poor behavior or lack of effort. It does not have to do with me.

12. I am hoping to discover a way to better understand myself.

13Like most people, I am not perfect, but there is nothing specific that I really need to change.

14. I am really working hard to change.

15. I recognize I have a problem I should work on but have not yet begun the work.

16. The changes I have already made are not being sustained and I am here to prevent slipping back into old habits and therefore a recurrence of the problem.

17. Discovering the correct answer to my problem has been challenging but I am at least working on my problem.

18. I thought once I had resolved my problem, I would be free of it, but sometimes I am still struggling with it.

19. I wish I had more ideas on how to solve the problem.

20. I have started working on my concerns, but I am not really getting anywhere, and I’d like help.

21. Maybe coaching will be able to help me resolve my concerns.

22. I have done work on making changes, but I am not certain I can maintain these changes. I may need help to determine how to make these changes stick.

23. I am aware I am involved with the problem, but I do not really think I am the source of the issue.

24. I am seeking advice and hoping someone will give me some answers to resolve my concern.

25. Anyone can talk about changing; but acknowledging it is hard. I have started doing something about it.

26. All this talk about change is annoying. Why can't people just forget about conflicts and issues and move on?

27. I feel like the same old concerns creep back into my life every now and then. I'm here to prevent myself from having a relapse of my problem.

28. I’m frustrated because I feel like the same old concerns creep back into my life when I thought I had resolved these.

29. Spending extra emotional worry on something is useless; what person doesn’t have some kind of concern? We all just work through things the best we can and move on.

30. I am actively working on my concerns.

31. I would rather find a way to cope with my faults than try to change them.

32. After believing I had resolved my problem, every now and again I recognize it’s still there. ­

Scoring:

Pre-contemplation items 1, 5, 11, 13, 23, 26, 29, 31

Contemplation items 2, 4, 8, 12, 15, 19, 21, 24

Action items 3, 7, 10, 14, 17, 20, 25, 30

Maintenance items/future 6, 9, 16, 18, 22, 27, 28, 32 ­

References:

McConnaughy, E.N., Prochaska, J.O., & Velicer, W.F. (1983). Stages of change in psychotherapy: Measurement and sample profiles. Psychotherapy: Theory, Research and Practice, 20, 368-375.