

My Interests

What Would I Want to Do?

How ready am I to make a change?

Not ready to start

Thinking about starting

Taking Steps to Get Ready

I'm Taking Action

I plan to continue my action steps

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

Not Confident

Somewhat Confident

Very Confident

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

How confident am I?

Consider the following when using the ruler with participants:

Not Ready:

If the mark is on the left side of the ruler (0-3):

Consider:

- ♦ What would you need to happen to think about changing?
- ♦ What help do you need?
- ♦ What do you need to know more about ____?
- ♦ How would you feel about reading a pamphlet about ____?

Respectfully acknowledge decisions:

- ♦ I respect your decision to not make this change right now.

Offer suggestions, as appropriate. Emphasize "It's up to you" - "thank you for thinking about it"

Unsure:

If the mark is somewhere in the middle of the ruler (4-7), try this:

Explore mixed feelings:

- ♦ Why did you say you were "Unsure" instead of "Not Ready"?
- ♦ What might make you more ready to change?
- ♦ What are the good things about trying to change?
- ♦ What are some of the things that make it hard for you to change?

Build readiness:

- ♦ Where does that leave you now? What's the next step for you?

Show appreciation-express confidence "when ready":

- ♦ Thank you for talking with me today - when you are ready to change, I feel confident you can do it.

Getting Ready/Ready:

If the mark is on the right side of the ruler (8-10), try this:

Brainstorm ideas and explore barriers:

- ♦ What are some things that are helping or would help you make the change?
- ♦ What else could help you make the change?
- ♦ Who can help you?
- ♦ What are situations that make it hard for you to follow through?

Develop a plan together:

- ♦ What is your plan? (Explore specifics-when, where, how)

Summarize decision:

- ♦ Thank you for talking with me today - your plan tosounds like it will work well for you.