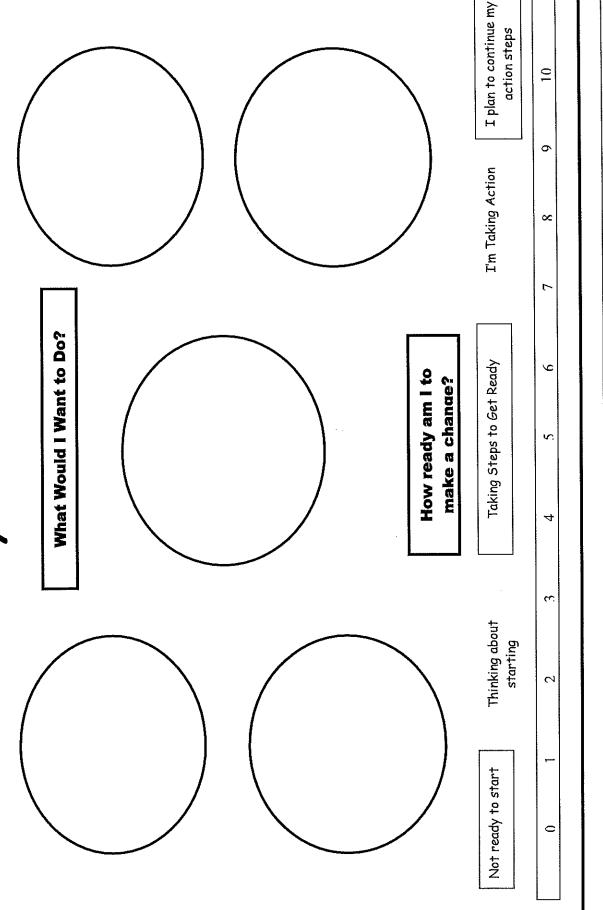
My Interests



Somewhat Confident

Very Confident

10

6

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9

4

3

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Not Confident

How confident am 1?

Consider the following when using the ruler with participants:

Not Ready:

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

Considery

- 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.

Module 1 Activity: How Ready are You?