

A Precontemplation Stage Tool

# Readiness Rulers

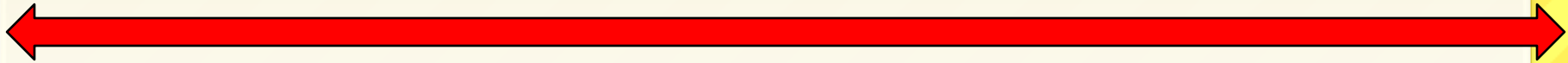
# Readiness Rulers: I-C-R

- **Importance:**  
The willingness to change
- **Confidence:** In one's  
ability to change
- **Readiness:**  
A matter of priorities



# Importance Ruler

- On a scale of 1 to 10, how important is it for you to make a change?



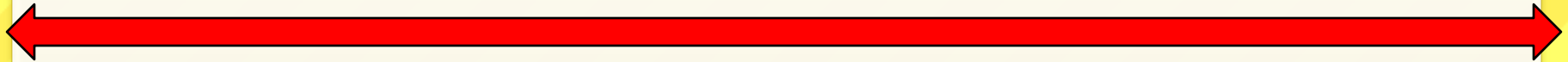
1	2	3	4	5	6	7	8	9	10
Not at all important				Somewhat important					Extremely Important

# Importance to Change Readiness Ruler

- **We show the client the Importance readiness (willingness)ruler & ask:**
  - On a scale of 1 to 10, how important is it to you to make a change in . . . ?
  - Example, If you are a 5, why are you a 5 and not a 3?
  - Or if you are a 5, what need to happen for you to go to a 7?
  - How could I assist you in getting to a 7?

# Confidence Ruler

- On a scale of 1 to 10, how confident are you that you could make a change if you wanted to?*



1	2	3	4	5	6	7	8	9	10
Not at all confident				Somewh at confident					Extremel y confident

# Confidence to Change Readiness Ruler

- **We show the client the Confidence (ability) readiness ruler & ask:**
  - On a scale of 1 to 10, how confident are you to make a change in . . . ?
  - Example, If you are a 5, why are you a 5 and not a 3?
  - Or if you are a 5, what need to happen for you to go to a 7?
  - How could I assist you in getting to a 7?

# Building Confidence

- **Review past successes**
- **Define small steps that can lead to success**
- **Problem solve to address barriers**
- **Provide tools- strategies, resources, teach skills**
- **Attend to the progress and use slips as occasions to further problem solve rather than failure**

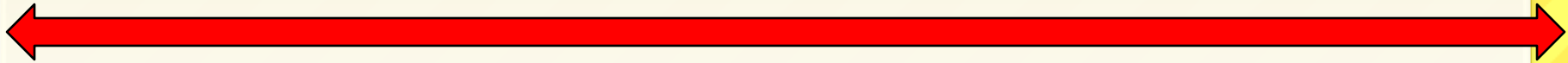
# Simplified Motivational Categories

Confidence in Ability	Importance of Change	
	Low	High
Low	Group 1 – Little interest in change; don't think they could even if they wanted to.	Group 2 – Want to change, but don't think they are able.
High	Group 3 – Believe they could change, but not interested right now.	Group 4 – Want to change and believe they have the ability.



# Readiness Ruler

- On a scale of 1 to 10, how ready are you to make a change?*



1	2	3	4	5	6	7	8	9	10
Not at all ready				Somewhat ready					Extremely Ready

# Readiness to Change Readiness Ruler

- **We show the client the Readiness (specific commitment) ruler & ask:**
  - On a scale of 1 to 10, how ready are you to make a change in . . . ?
  - Example, If you are a 5, why are you a 5 and not a 3?
  - Or if you are a 5, what need to happen for you to go to a 7?
  - How could I assist you in getting to a 7?

# Readiness to Change” Ruler



# Let's Try Using Readiness Rulers

1. How **important** is it for you to learn about motivational interviewing?
2. How **confident** are you that you can learn motivational interviewing?
3. How **ready** are you at this point to do some of these things in your practice?