

humantold

Stages of Change Assessment (General)

This activity allows measure where you might fall on readiness to change.

For each statement below, check true or false when reflecting how you feel today about a particular topic. There are no right or wrong answers and some may feel they are repeating, but they measure different things.

1. T___ F___ I have issues in my life that I need to work on.
2. T___ F___ I am making changes in my life.
3. T___ F___ I don't see any problems with my life right now.
4. T___ F___ I know I need better resources to help me stop myself from going back to my old, unhealthy behaviors.
5. T___ F___ I am ready to do things differently.
6. T___ F___ I need a little help to continue doing things differently.
7. T___ F___ Everyone else is the problem, not me.
8. T___ F___ I am working to prevent myself from relapsing back to my old, unhealthy behaviors.
9. T___ F___ I think it's time to do things differently.
10. T___ F___ There's really nothing I need to change about me or how I'm living my life.
11. T___ F___ I want to learn more about how my life would change if I did things differently.
12. T___ F___ Anyone can talk about change, but I am doing it.
13. T___ F___ I'm not sure what will cause me to fall back into my old, unhealthy behaviors.
14. T___ F___ I'm not sure I am ready to do things differently in my life.
15. T___ F___ I am working to overcome obstacles in order to change my life.
16. T___ F___ I'm ready to put things in place to make a change.
17. T___ F___ I am aware of and encourage my new healthy behaviors and seek support when necessary.
18. T___ F___ I had some success doing things differently but fell back into my old ways of doing things.

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Scoring:

For each number look above and mark for each true answer add 1 point and 0 for false. If two stages have the same score it indicates that you're within or between these.

Precontemplation

3. 7. 10.	Total:
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At this stage you're not considering changing anytime soon. You're unaware that a problem exists, but family, friends, and coworkers are aware that there's a problem. If you seek help at this stage in the process it's due to pressure from others.

Contemplation

1. 9. 14.	Total:
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At this stage you're aware that a problem exists, but remain uncertain if you want to change or what's involved with changing. You may be weighing your options: should you stay where you are or invest effort in doing things differently. You might be taking the first steps to figure out what's involved.

Preparation

5. 11. 16.	Total:
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In this stage, you're testing the waters. You've committed to doing things differently and are getting ready to challenge and address the issues this may be when you develop a plan or a timeline for exercises, techniques, etc. into your schedule

Action

2. 12. 15.	Total:
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In the stage you're engaged and ready to challenge, control, and defeat any patterns or issues you have been. You're committing time and effort to change and grow.

Maintenance

6. 8. 17.	Total:
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By the stage you've made the changes you need to make to develop adaptive and healthier patterns, behaviors, thoughts, and skills. You're committed to the changes you have made.

Relapse

4. 13. 18.	Total:
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This stage involves sliding back into old patterns. This may happen when addressing significant triggers or when encountering new barriers to change. Remember relapse may be part of your process, but so is re-engagement!

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Reflect on stage you rated the highest or identify with the stage most.

Precontemplation

- What thoughts and feelings do you have about changing?
- What are you uncertain about when you think about changing?

Contemplation

- What's keeping you from changing?
- Do you see benefits for staying where you are with the problems and issues? What are they specifically?

Preparation

- What areas of the issue do you want to be sure to address and overcome?
- Who can you consult for social support as you begin this journey of change? Or identify other supports you can use?
- What obstacles may be in your way and how can you minimize their interference?

Action

- What aspect of the issue do you want to change first?
- What can you do to empower yourself to get around barriers to your growth?
- What can you do to remind yourself of the long-term benefits of the change?

Maintenance

- What can you do to remind yourself about the gains you've made and the successes you've had?
- Who can you keep in your life who will help you remain on this course of change?
- What can you do to prevent yourself from sliding back into old beliefs, patterns, and/or behaviors?

Relapse

- What triggers and barriers do you think caused the relapse?
- What has helped you control your triggers and overcome barriers?
- Can you identify a mantra, quote, song, or saying that motivates you to change? Where can you make this very accessible to you to see or be reminded of it (phone, fridge, mirror, etc.)?