

Readiness to Change

Please list the behaviors you'd like to change and then rate your readiness to make changes on each of the identified behaviors you listed.

- 1 = Haven't seriously even thought of changing this
- 2 = Have given it some thought
- 3 = Have started preparing to change (have looked up information, talked with others about it, etc.)
- 4 = Am already taking some action to change in this area
- 5 = Have already made the change and want help maintaining my progress

[illegible]