

MY MOTIVATIONS FOR CHANGE

PURPOSE

The following rating scale can be completed on a regular basis to evaluate your growth and increase self-awareness. The higher the score, the greater your motivation to change.

INSTRUCTIONS

Rate these statements on a scale of 1–10. A 1 indicates you strongly disagree with the statement; a 10 indicates you strongly agree. Use your total score to assess your motivation for change. Reassess your motivation periodically.

- I want to stop doing things that hurt myself or my relationships.
- I want to treat myself better.
- I want to develop healthy coping skills.
- I want to learn to talk to people honestly when I need help.
- I want to make new friends.
- I want to feel proud of my accomplishments.
- I want to have positive things in my life that make me happy.
- I want to improve my relationships with my loved ones.
- I want a positive plan for the future.
- I want to have more positive thoughts about my life.

Are there other things that you want? Add them below:

- I want to _____
- I want to _____
- I want to _____

QUESTIONS FOR REFLECTION

1. What are your most important motivators (for example, relationships with others, personal growth)?
2. What can you do to achieve the things that you want?
3. How have your ratings or motivations shifted over time?