

Am I Ready to Heal?

Readiness for Change Assessment

This worksheet will help you determine if you are ready to move forward in your healing journey.

Focus Area: _____

1	How satisfied are you with this area of your life right now?					Score
	1	2	3	4	5	
	Very Satisfied			Very Dissatisfied		

2	Do the Pros outweigh the Cons at this time?					Score
	1	2	3	4	5	
	Cons Outweigh			Pros Outweigh		

3	How much are your dreams or desires motivating you to take action in this area of your life now?					Score
	1	2	3	4	5	
	Little or No Motivation			High Motivation		

4	Rate your current (emotional or physical) pain or stress level with this area of your life right now:					Score
	1	2	3	4	5	
	Low or No Pain / Stress			High Pain / Stress		

5	Rate your current (or near foreseeable future) amount of crisis / loss (that may motivate you for immediate change):					Score
	1	2	3	4	5	
	Little or No Crisis / Loss			High Crisis / Loss		

6	Is now a good time for focusing on this area of your life?					Score
	1	2	3	4	5	
	Very Poor Time			Very Good Time		

7	How much of this change is being done for you (as opposed to someone else)?					Score
	1	2	3	4	5	
	For someone else			Totally for me		

8	Are you prepared to move forward with this change, regardless of the possible responses (disapproval, fear, control, insecurity, resistance, etc) of significant people in your life?					Score
	1	2	3	4	5	
	Very Unprepared			Very Prepared		

9	How "in place" or ready are the resources and support systems needed to help you make and sustain this change?					Score
	1	2	3	4	5	
	Not "in place"			Very "in place"		

TOTAL	
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If your Total is...	...then you are...
1 – 15	Not ready for change now
16 – 30	Possibly ready for change
31 – 45	Ready for change