

Change Questionnaire

What is the change that you are considering? Write it here: to _____

Now answer each of the following questions about this change that you are considering. Wherever there is a blank _____, think of the change that you have written above, and then circle the one number that best describes where you are right now. For example, if you had written “get a job” on the line above, then item 1 for you would be “I *want* to get a job” and you would indicate how much you want to get a job.

1. I <i>want</i> to _____	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Definitely Not Probably Not Maybe Probably Definitely</p>
2. I <i>could</i> _____	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Definitely Not Probably Not Maybe Probably Definitely</p>
3. There are <i>good reasons</i> for me to _____	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Definitely Not Probably Not Maybe Probably Definitely</p>
4. I <i>have</i> to _____	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Definitely Not Probably Not Maybe Probably Definitely</p>
5. I <i>intend</i> to _____	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Definitely Not Probably Not Maybe Probably Definitely</p>
6. I am <i>trying</i> to _____	<p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">Definitely Not Probably Not Maybe Probably Definitely</p>

7. I <i>hope</i> to _____	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not	Probably Not		Maybe			Probably		Definitely		
8. I <i>can</i> _____	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not	Probably Not		Maybe			Probably		Definitely		
9. It is <i>important</i> for me to _____	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not	Probably Not		Maybe			Probably		Definitely		
10. I <i>need</i> to _____	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not	Probably Not		Maybe			Probably		Definitely		
11. I am <i>going</i> to _____	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not	Probably Not		Maybe			Probably		Definitely		
12. I am <i>doing things</i> to _____	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not	Probably Not		Maybe			Probably		Definitely		

William R. Miller, Theresa B. Moyers, and Paul Amrhein (2005)
Department of Psychology, University of New Mexico, Albuquerque

