

Readiness to change

Conversations about healthcare behaviours

MOTIVATIONAL INTERVIEWING

The simplest way to assess the patient's readiness to change is to use a Readiness Ruler or a 0 to 10 scale, on which the lower numbers represent no thoughts about change and the higher numbers represent specific plans or attempts to change.

How important
is it for you to
change...?

How confident
are you...?

Importance and confidence ruler



Not at all

Extremely

Making conversations easier