

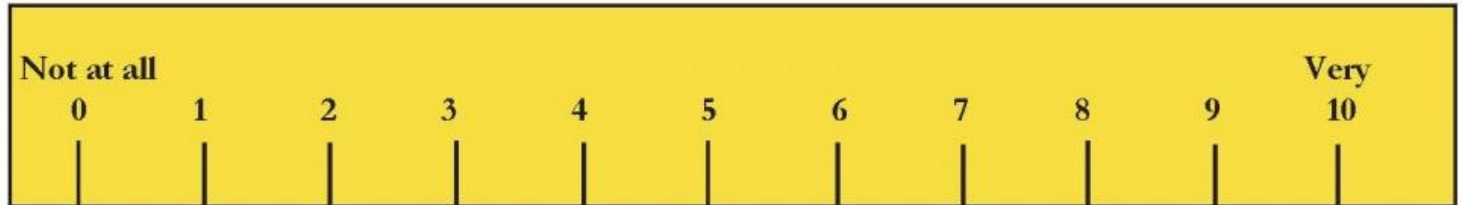
1. WHAT CHANGE ARE YOU CONSIDERING? \_\_\_\_\_

\_\_\_\_\_

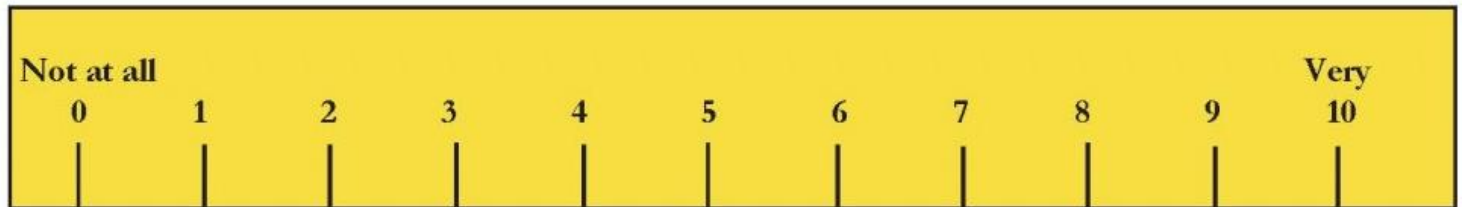
2. WHAT STAGE OF CHANGE ARE YOU IN? \_\_\_\_\_

3. COMPLETE YOUR OWN READINESS RULER

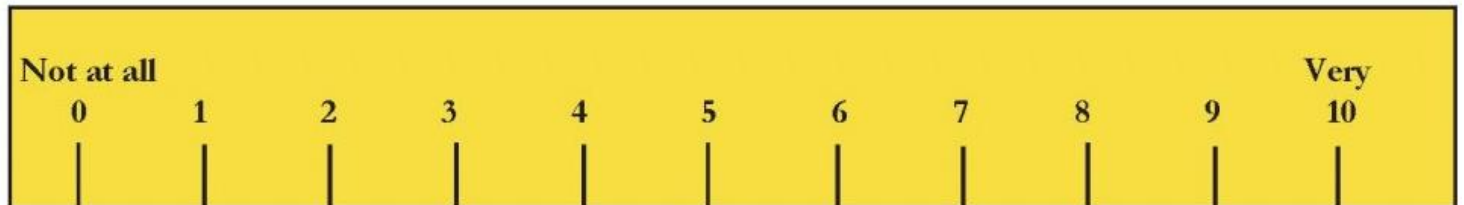
**IMPORTANCE**



**CONFIDENCE**



**READINESS**



**Good things about staying the same  
(#1)**

**Bad things about staying the same  
(#2)**

**Bad things about changing (#3)**

**Good things about changing (#4)**

# SCORING A MOTIVATIONAL INTERVIEWING SESSION

Observations	Frequency
Open ended questions	
Close ended questions	
Affirmations	
Reflections	
Summaries	