

Worksheet 1.5: The Readiness Ruler

People move towards change when it is important for them to change, and they are confident in their ability to change. The Readiness Ruler can be a very useful tool to elicit thought of change, both visually and verbally.

Measuring readiness to change	
Not interested	Very interested
0.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10	
Not confident	Very confident

Step 1

Mark on the ruler:

- How interested and ready are you in learning new skills that will help your loved one through the recovery process?
- How confident are you that you will be able to do this?

It is likely that you have given yourself a higher score for your level of interest, than you have for your confidence.

Step 2

What could help increase your confidence to be more in line with your level of interest?

What might reduce your confidence in the short term?

This ruler can be used to open conversations about change, to consider discrepancies, to consider baby steps towards change and to review progress. It is a versatile tool that can be adapted for any caring or Edi behaviour.