

### Worksheet 4.3: Readiness Ruler and DARN-C

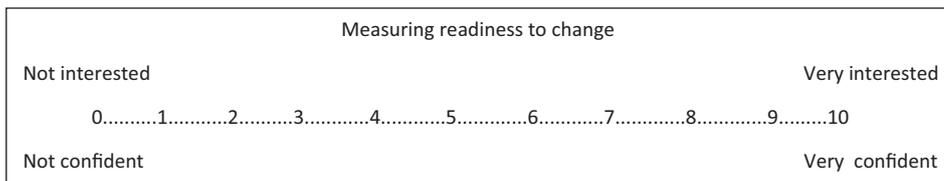
The ruler was introduced in Module 1, Exercise 1.5 and can be a useful tool to introduce change thoughts and to elicit change talk both for the carer and Edi. Readiness is based on several things:

- Desire to want to change
- Ability/skills needed for change
- Reasons to change
- Need to change

and the strength of the overall Commitment (**DARN-C**) to change, for example:

- Not confident – completely confident
- No reasons to change – many reasons to change
- Not committed at all – will do everything I can for as long as it takes

Any aspect of DARN-C can be used on to the ruler to check out discrepancy between thinking and acting or ambivalence regarding changing the carers own behaviour.



**Figure 4.9** The Readiness Ruler

#### **Task for carer exercise: using the Readiness Ruler**

Consider the following questions:

How ready are you, really thinking about it, to leave your position in ‘action’ to come alongside your loved one at whatever stage they are at, so you can work with them for change?

Consider where Edi would mark themselves in terms of importance and confidence to make changes.

Use the ruler and DARN-C to construct a conversation with another carer within your family, or with Edi.

Note: coming alongside your loved one is not the same as agreeing with your loved one and their ED behaviours. It is getting them to reflect on

where they are and sowing the seed that change might be an option in the future. Even the thought of change is a big step.

*SBC*, Chapter 7, pp. 78–83 and this guide might also be helpful:

How important is it to change? How confident are you in being able to make that change happen? Could you mark it on the 1–10 scale please?

I am interested that you have given yourself that score. (Edi might be able to elaborate on this.)

OR I would have given you a score of x because: give specific positive details... What has made you give yourself a score of y at the moment? (thus opening up a conversation about how Edi is thinking and feeling and you explain your reasons for perhaps giving Edi a different score – your belief that they will start to move forward).

Can you think of any small thing that might help you move your score up by half a point? (thus eliciting thoughts about the possibility of small changes and increasing confidence).

Is there any help you can think of that would enable you to move that half a point (thus eliciting thoughts about small things that carers might be able to do to help AND showing that you are prepared to try anything if it will help).

The Readiness Ruler and DARN-C can be useful tools to open conversations and to help both carers and Edi to visualise and verbalise options. The more an individual can visualise and verbalise something, the more likely it is to happen.