

THERAPIST EVALUATION OF THE PATIENT'S READINESS TO CHANGE

Name of Patient: _____

Name of Therapist: _____

A. Evidence of Drinking Problem? _____ No
_____ Yes

1 = Strongly Disagree; 2 = Disagree; 3 = Unsure; 4 = Agree;
5 = Strongly Agree that the patient:

- | | | | | | |
|--|---|---|---|---|-------|
| 1. Doesn't think he/she drinks too much. | 1 | 2 | 3 | 4 | 5 (P) |
| 2. Is trying to drink less. | 1 | 2 | 3 | 4 | 5 (A) |
| 3. Was drinking too much at one time but has managed to change. | 1 | 2 | 3 | 4 | 5 (M) |
| 4. Enjoys drinking but feels he/she drinks too much. | 1 | 2 | 3 | 4 | 5 (C) |
| 5. Sometimes thinks he/she should cut down on drinking. | 1 | 2 | 3 | 4 | 5 (C) |
| 6. Has changed his/her drinking but is looking for ways to keep from slipping back to the old pattern. | 1 | 2 | 3 | 4 | 5 (M) |
| 7. Feels that it is a waste of time talking about drinking. | 1 | 2 | 3 | 4 | 5 (P) |
| 8. Has recently changed his/her drinking. | 1 | 2 | 3 | 4 | 5 (A) |
| 9. Wants to keep from going back to the drinking problem he/she had before. | 1 | 2 | 3 | 4 | 5 (M) |
| 10. Is actually doing something about his/her drinking. | 1 | 2 | 3 | 4 | 5 (A) |
| 11. Feels he/she should consider using drinking less. | 1 | 2 | 3 | 4 | 5 (C) |
| 12. Feels that drinking is a problem sometimes. | 1 | 2 | 3 | 4 | 5 (C) |
| 13. Feels that there is no need for him/her to change his/her drinking. | 1 | 2 | 3 | 4 | 5 (P) |
| 14. Is changing his/her drinking habits. | 1 | 2 | 3 | 4 | 5 (A) |
| 15. Feels it would be pointless to drink less. | 1 | 2 | 3 | 4 | 5 (P) |
| 16. Sees himself/herself as an alcoholic. | 1 | 2 | 3 | 4 | 5 (M) |

Please circle the stage that you feel best describes the patient's readiness to change their drinking?

P = Precontemplation; C = Contemplation; D = Determination;

A = Action; M = Maintenance