

Change Questionnaire Version 1.2

What is the change that you are considering? Write it here: to _____

Now answer each of the following questions about this change that you are considering. Wherever you see the words "make this change," think of the change that you have written above, and then circle the one number that best describes where you are right now.

For example, if you had written “get a job” on the line above, then for item 1 (I *want* to make this change) you would indicate how much you want to get a job.

1. I <i>want</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
2. I <i>could</i> make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
3. There are <i>good reasons</i> for me to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
4. I <i>have</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
5. I <i>intend</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
6. I am <i>trying</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	

7. I <i>hope</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
8. I <i>can</i> make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
9. It is <i>important</i> for me to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
10. I <i>need</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
11. I am <i>going</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	
12. I am <i>doing things</i> to make this change.	0	1	2	3	4	5	6	7	8	9	10
	Definitely Not		Probably Not			Maybe		Probably		Definitely	

William R. Miller, Theresa B. Moyers, and Paul Amrhein (2005)
Department of Psychology, University of New Mexico, Albuquerque