Stages of Change Worksheet - Page 1

Readiness snapshot for one specific behavior. This is a conversation aid, not a validated assessment, diagnosis, or risk screen.

Client / ID: _____ Date: _____ Clinician: _____

Behavior or decision under discussion

Write one specific target in the client's words (not a whole-person label).

One target behavior

Example shape: "attend Thursday dinner this week," not "get healthier."

Why change might matter

Client language for change talk

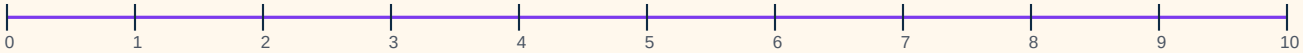
What the current pattern still provides or protects

Client language for sustain talk

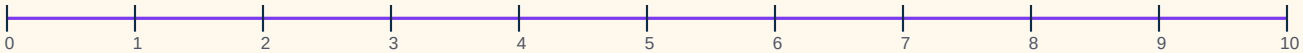
Importance and confidence (rate separately; do not average)

High importance with low confidence needs a smaller supported step. Low importance needs engagement work, not an action plan.

Importance of this change right now (0 = not at all, 10 = extremely)



Confidence to take a step if choosing one (0 = not at all, 10 = extremely)



Readiness that fits today (circle one; "not sure" is allowed)

Stages attach to one behavior, not the whole client. Movement can go forward, backward, sideways, or stay uncertain.

- ◯ **Not considering** — Change is not on the agenda yet
- ◯ **Weighing** — Both sides of the change are active
- ◯ **Preparing** — A first step is forming
- ◯ **Acting** — A new behavior is being practiced
- ◯ **Maintaining** — Gains need protecting
- ◯ **Returning after recurrence** — An old pattern returned; learn and re-enter
- ◯ **Not sure / more than one fits**

Evidence in the client's words or actions

Two or three short phrases or observable actions that support today's readiness description.

Evidence (quote or describe briefly)

A circled stage without evidence is a guess you will not defend later.

Stages of Change Worksheet - Page 2

Stage-matched next move and planned return. Match the step to current readiness, not the stage you wish they were in.

Client / ID: _____ Date: _____ Clinician: _____

Therapist aim for this readiness

One sentence: what you are trying to do with today's readiness (engage, make ambivalence speakable, specify a first step, support practice, protect gains, or learn and re-enter).

Therapist aim

One next conversation, experiment, or action

Specific, small, and reviewable. Premature multi-step overhauls often manufacture "non-compliance" out of accurate ambivalence.

Chosen next move

Implementation intention shape: when / where / with whom / stop rule if useful.

Likely barrier

What could block the step

Available support

Person, tool, reminder, or skill

What would show useful movement

Observable or reportable markers - not "became a different person."

Markers of useful movement

Review date or condition

A date, session agenda item, or clear condition beats "we'll see how it goes."

When and how we will review this

Brief clinician note prompt

Record target behavior; reasons for/against; intervention; response; next step and review. Do not paste the whole worksheet or state a stage as diagnostic fact.

Note skeleton

Target · reasons · intervention · response · next step + review point

Recurrence is information, not failure

A return carries chain data about triggers, supports, and step size. Use self-compassion and a revised plan so the client can re-enter preparation or action without shame language that resets the work to zero.

Educational tool for licensed therapists. Not a validated instrument, diagnosis, risk screen, or substitute for formulation, supervision, safety work, or medical coordination.