Worksheet 3.1
Changing Behavior: Importance Ruler

1. Think of a behavior or habit that would like to change or have started changing:

__________________________________________________________________________

2. On the spectrum below, circle the number you feel you are now at that measures how important it is for you to change.

<table>
<thead>
<tr>
<th>Not important</th>
<th>Somewhat important</th>
<th>Very important</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. Exchange papers with your partner and ask some of the questions below that relate to where your partner answered the question. Please follow up these questions using your best OARS motivational style.

If you mark on the left side of the line:

Why ___ and not lower?
What might happen that could make changing more important to you?
What signals will tell you to start thinking about changing?
What qualities or values in yourself are most important to you?
What connection is there between those qualities and values relate to the behavior?
If you mark somewhere in the middle:

Why did you put the mark there and not further to the left?
What might make you put your mark a little further to the right?
What are the good things about the way you’re currently trying to change?
What are the not so good things?
What would be the good results of changing?
What would be the barriers to changing?

If your mark is on the right side of the line:

What are possible barriers to making a change?
What are some things that could help you overcome these barriers?
What steps would you need to make to overcome the barriers?
When would you start to take these steps? Date to start! ________

If you’ve taken a serious step in making a change:

What made you decide on these particular steps?
What has worked in taking these steps?
What could help it work even better?
Who could help you in taking these steps?
Who could hinder you in taking these steps?

If you’ve slipped or “fallen off the wagon”:

What worked for a while?
What did you learn from the experience that will help when give it another try?