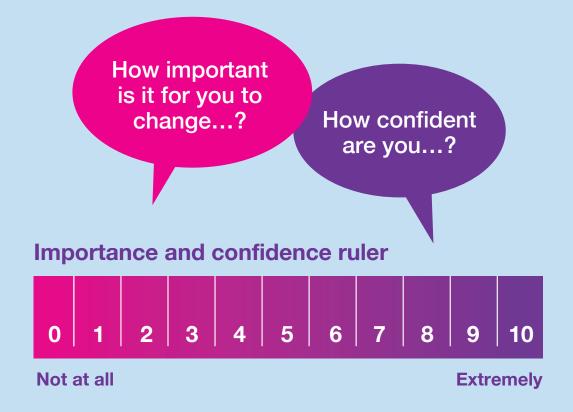
## Readiness to change

## Conversations about healthcare behaviours

## MOTIVATIONAL INTERVIEWING

The simplest way to assess the patient's readiness to change is to use a Readiness Ruler or a 0 to 10 scale, on which the lower numbers represent no thoughts about change and the higher numbers represent specific plans or attempts to change.



Making conversations easier





