



EXERCISE: CHANGE MOTIVATION ASSESSMENT



SMART
Family & Friends

1. How do you feel about changing your behavior?

On the line below, mark where you are on the scale:

Not considering change

Thinking about changing

Already changing

0 1 2 3 4 5 6 7 8 9 10

2. What would help you move forward?

It might be as simple as “Keep coming to SMART F&F meetings.”
The space below is for you to list any ideas you have.

3. Importance vs. Confidence.

In order to make a change, it’s not only necessary to think that change is important, you also need to feel confident about being able to change.

On the line below, mark **how important** to you it is to change.

Not important

Very important

0 1 2 3 4 5 6 7 8 9 10

On the line below, mark **how confident** you feel about your ability to change.

Not confident

Very confident

0 1 2 3 4 5 6 7 8 9 10

“When we are no longer able to change a situation,
we are challenged to change ourselves.”
~Viktor Frankl

