



Importance/Confidence

1. How IMPORTANT is it for you right now to change . . . ? On a scale from 0 to 10, what number would you give yourself?

0-----10
Not at All Important Extremely Important

- Why are you at \underline{X} and not at 0?
- What would need to happen for you to get from \underline{X} to \underline{Y} ?

2. If you did decide to change . . . , how CONFIDENT are you that you could do it?

[illegible]

- Why are you at \underline{X} and not at 0?
- What would need to happen for you to get from \underline{X} to \underline{Y} ?
- How can I help you get from \underline{X} to \underline{Y} ?