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                                                                 Extremly Important

a. Why are you at \(X\) and not at 0?

b. What would need to happen for you to get from \(X\) to \(Y\)?

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

0---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------10
Not at All Confident                                                                                      Extremely Confident

a. Why are you at \(X\) and not at 0?

b. What would need to happen for you to get from \(X\) to \(Y\)?

c. How can I help you get from \(X\) to \(Y\)?