
READINESS ASSESSMENT

Define the behavior for the patient. You can be general or specific in what you are asking them to do.

The following guided questions can be used to draw out readiness:

1. Do you consider [the behavior] a problem?
2. Are you bothered by [the behavior]?
3. Are you interested in changing [the behavior]?
4. Are you ready to change now?

Example of a specific request to assess readiness in self-adjustment of insulin:

Do you understand what you have been asked to do with adjusting your insulin?

1. If you didn't adjust your insulin as described, would you consider that a problem?
2. If you didn't adjust your insulin as described would that upset or concern you in any way?
3. Are you interested in adjusting your insulin as we've described?
4. Are you ready to begin adjusting as we've described at this time?

Readiness is a starting point, not an end point.