

# Assessment Scales

## Readiness

0	1	2	3	4	5	6	7	8	9	10
Not ready No desire					Almost ready Some desire					Ready to quit today

On a scale from 0 to 10, where are you in your desire/readiness to quit?

- What has to happen to move you up the scale from \_\_ to a \_\_?

## Importance

0	1	2	3	4	5	6	7	8	9	10
Not at all important			Somewhat important				Very important			Extremely important

On a scale from 0 to 10, how important would you say it is for you to quit?

- Why are you at a \_\_ and not a (lower number)?

## Confidence

0	1	2	3	4	5	6	7	8	9	10
Not at all confident			Somewhat confident				Very confident			Extremely confident

On a scale from 0 to 10 how confident would you say you are that if you decided to quit you could do it?

- What would it take to move your confidence up one or two numbers?