

Change Capacity Assessment

NAME

DATE

How can I change successfully?

Change isn't just about how much you *want* to change.

It's about the change-making skills that you have, or are willing to learn and practice.

This assessment can help me know what next steps will most help you change and reach your goals.

Please be as honest as possible.

There is no judgement here. These are just data. Having accurate information allows us to work together to help you reach your goals.

Take the assessment

Answer the following questions based on your current circumstances. Please read all questions and scoring options carefully.

1. I don't mind deviating from my routines and plans if I have to.

NOT TRUE
AT ALL

1

2

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COMPLETELY
TRUE

2. I am not easily discouraged by difficulties or failures.

NOT TRUE
AT ALL

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COMPLETELY
TRUE

3. Trying my best at work and in my personal life makes a difference.

NOT TRUE
AT ALL

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COMPLETELY
TRUE

4. I strive to be a little better through effort and practice.

NOT TRUE
AT ALL

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COMPLETELY
TRUE

5. I recognize that challenges and failures are an opportunity for growth.

NOT TRUE
AT ALL

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COMPLETELY
TRUE

6. When things don't go as planned, I seek feedback from others to help me succeed.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

7. I am confident that I can perform effectively on many different tasks.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

8. In general, I think that I can accomplish outcomes that are important to me.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

9. When I am confronted with a problem, I can usually find several solutions.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

10. I can express my emotions directly, maturely, and honestly.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

11. When I'm faced with a stressful situation, I'm able to think about it in a way that helps me stay calm.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

12. I can manage my stress or emotions without relying on particular substances or behaviors to cope (e.g., food and eating, alcohol, drugs, shopping, scrolling social media, etc.)

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

13. I know who I am, what I want, and what I don't want.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

14. The way I am living reflects my deeper values.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

15. I connect my goals, and my actions towards those goals, with a deeper purpose.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

16. I can count on others when I need help.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

17. My surrounding environment promotes positive thoughts and actions around change.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

18. I have a close network of people with common interests, values, and goals.

NOT TRUE AT ALL (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) COMPLETELY TRUE

Thanks for your responses. I'll review them and then we can come up with an action plan together to help you best reach your goals.