

Simplified Readiness to Change

Place an "X" on the part of the scale that describes how you think about the **how ready you are to make changes in your alcohol use.**

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Never think about my drinking

My drinking has changed. I now drink less than before

Place an "X" on the part of the scale that describes how you think about the **how ready you are to make changes in your drug use.**

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Never think about my drug use

My drug use has changed. I now use drugs less than before