## Simplified Readiness to Change

Place an "X" on the part of the scale that describe	es now you think about the <b>now ready you are to</b>
make changes in your alcohol use.	
Never think about	My drinking has
my drinking	changed. I now drink less than before
Place an " $\chi$ " on the part of the scale that describe make changes in your drug use.	es how you think about the <b>how ready you are to</b>
Never think about	My drug use has
my drug use	changed. I now use drugs less than before

SimpleRTC.docx Revised: 14-Jun-10 12:58 PM Page: 1 of 1