

Change Quiz

“How ready are you for change?”

Here is a **self-discovery quiz** designed to help you **understand how prepared you are to make a specific behavioural change**—such as quitting smoking, starting exercise, improving diet, managing substance use, or addressing mental health concerns. A readiness for change assessment helps guide people from where they are to where they want to be—by meeting them at the right moment in their change journey. This quiz is for gentle self-exploration and is not meant to be used as a diagnostic tool.

Instructions: For each of the following 12 statements, rate how much you agree with it as it applies to a specific behaviour you are considering changing. Use the following scale:

- 1 = Strongly Disagree
 - 2 = Disagree
 - 3 = Neutral
 - 4 = Agree
 - 5 = Strongly Agree
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1. Pre-contemplation

1. I don't think this behaviour is really a problem.
2. I have no plans to change this behaviour in the foreseeable future.
3. I don't think I have what it takes to make this change.

Total for Pre-contemplation: ____ / 15

2. Contemplation

3. I've been thinking about changing this behaviour.
4. I can see reasons both for and against making this change.
5. I think I can see how the change could benefit me.

Total for Contemplation: ____ / 15

3. Preparation

5. I've made a decision to change and will do so soon.
6. I've started planning how I will change this behaviour.
7. I have looked into the resources I will need to support me with this change.

Total for Preparation: ____ / 15

4. Action (actively changing behaviour)

- 7. I've started doing things differently to change this behaviour.
- 8. I'm actively working to improve in this area.
- 9. I am adjusting other areas of my life to accommodate this change.

Total for Action: ____ / 15

5. Maintenance (sustaining change over time)

- 9. I've been successful at maintaining this change for a while now.
- 10. I'm confident I can keep this behaviour change going.
- 11. I've noticed improvements in different areas of my life as a result of this change.

Total for Maintenance: ____ / 15

6. Relapse (returned to old behaviour)

- 11. I used to do well with this behaviour, but I've slipped back recently.
- 12. I feel discouraged because I've gone back to my old habits.
- 13. I'm finding it difficult to see how I can get back to where I was with this behaviour.

Total for Relapse: ____ / 15

How to Interpret Your Scores:

Look at your totals in each category. The stage with the **highest score** likely represents your current stage of change:

Stage	Description
Pre-contemplation	Not ready; unaware or not considering change yet
Contemplation	Thinking about change, aware of problem, but unsure
Preparation	Getting ready to change soon
Action	Actively making clear and recent changes
Maintenance	Sustaining change for over 6 months
Relapse	Returned to old behaviours after attempting change

Questions for Reflection:

Attitudes Toward Change

- a. What are the biggest reasons you *don't* want to make this change right now?
 - b. What are the biggest reasons you *do* want to make this change?
 - c. What would happen if you don't make this change?
 - d. What would happen if you *do* make this change?
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Behaviour and Planning

- a. Have you taken any concrete steps toward this change? If so, what?
 - b. Do you have a plan or strategy to support this change?
 - c. Are you currently practicing this new behaviour regularly?
 - d. If yes, how long have you been maintaining this new behaviour?
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Relapse and Resilience

- a. Have you ever tried to make this change before?
- b. If yes, what helped you succeed? What caused setbacks?
- c. What would you do differently this time?