

**Readiness Ruler**  
*Importance*

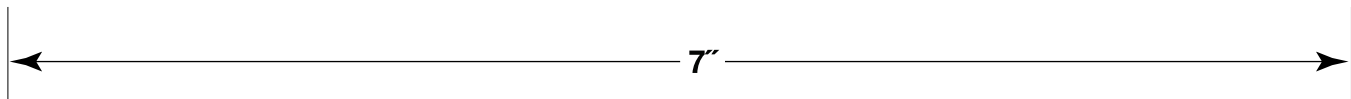
How **important** is this change to you right now?

0 1 2 3 4 5 6 7 8 9 10

*Not* *Somewhat* *Very*

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*Produced by the Center for Evidence-Based Practices (CEBP) at Case Western Reserve University with support from the Ohio Departments of Health, Mental Health, and Alcohol & Drug Addiction Services.*



**Readiness Ruler**  
*Confidence*


How **confident** are you about making this change?

0 1 2 3 4 5 6 7 8 9 10

*Not* *Somewhat* *Very*

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