

**Information from your Patient Aligned Care Team**

## Readiness Ruler

Using the ruler shown below, indicate how ready you are to make a change (quit or cut down) in your alcohol use. If you are *not at all* ready to make a change, you would circle the 1. If you are already trying hard to make a change, you would circle the 10. If you are unsure whether you want to make a change, you would circle 3, 4, or 5.

Please circle only one answer.

| Not Ready to Change |   |   | Unsure |   |   | Ready to Change |   |   | Trying to Change |
|---------------------|---|---|--------|---|---|-----------------|---|---|------------------|
| 1                   | 2 | 3 | 4      | 5 | 6 | 7               | 8 | 9 | 10               |