

How Ready Are You for Change?

Take the following Change Readiness Scale to see how you will cope with changes in the future.

Current Situation	Excellent					Poor				
1. Health	5	4	3	2	1	5	4	3	2	1
2. Personal Relationships	5	4	3	2	1	5	4	3	2	1
3. Work Life	5	4	3	2	1	5	4	3	2	1
4. Stability of Finances	5	4	3	2	1	5	4	3	2	1
5. Available Support From Others	5	4	3	2	1	5	4	3	2	1
6. Feeling About Current Situation	5	4	3	2	1	5	4	3	2	1
Total Score										

If your score is 21-30, you are physically ready for change.

If your score is less than 21, you can improve your readiness for change by restructuring financial matters, eating habits, exercise habits, or support from others. Look for ways to stabilize your situation.

How can you restructure financial matters, eating habits, exercise habits, or support from others to improve your change readiness?

Change History	Excellent					Poor				
1. My adaptation to changes I've initiated	5	4	3	2	1					
2. My adaptation to changes imposed on me	5	4	3	2	1					
3. My willingness to initiate major changes to improve a situation	5	4	3	2	1					
Total Score										

If your score is 12-15, you are by nature prepared for change.

Are there major changes you need to make to improve any situations in your life?

Influence	Agree	Disagree
1. I am a "doer"--I become actively involved in whatever is happening.	5 4 3 2 1	
2. I believe I can influence the outcome of events.	5 4 3 2 1	
3. I usually see opportunities in what's happening around me.	5 4 3 2 1	
4. I take calculated risks, and they pay off.	5 4 3 2 1	
5. I'm good at motivating people to see things my way.	5 4 3 2 1	
6. I'm usually aware of my gut level feeling about things.	5 4 3 2 1	
Total Score		

If your score is above 20, you are a person who copes well with change, believes you have influence over events, and are not threatened by change.

If you scored lower than you would like, learn the following types of skills to help you adjust to change:

- Problem Solving
- Decision Making
- Communication Skills
- Stress Management

How can you acquire these skills?

Comfort	Agree	Disagree
1. I am happiest when things are predictable.	1 2 3 4 5	
2. In new situations, I worry a lot about my ability to do well.	1 2 3 4 5	
3. I like to establish a routine to things and stick to it.	1 2 3 4 5	
4. I have a difficult time operating under stress.	1 2 3 4 5	
5. I prefer being places where I know everyone there.	1 2 3 4 5	
6. I take things as they are, and I learn to live with them.	1 2 3 4 5	
Total Score		

If you scored less than 18, you like the comfort of predictable routines and have a more difficult time adapting to change. If you have stability in your Current Situation, change is easier to manage. Also, change is easier to endure if you know that things will settle down again.

What areas of change are you currently experiencing which will settle down again within the next few months?

How can you get through this time until things settle down again?
