

# Change Readiness

1 Strongly Disagree (SD) | 2 Disagree (D) | 3 Undecided (U) | 4 Agree (A) | 5 Strongly Agree (SA)

	SD	D	U	A	SA
1. As far as I'm concerned, I don't have a hoarding problem that needs changing					
2. I'm not the problem one. It doesn't make sense for me to be doing this program.					
3. I have a problem with hoarding and I really think I should work on it.					
4. I'm hoping this program will help me to better understand myself and my hoarding.					
5. I'm doing something about hoarding.					
6. Anyone can talk about changing; I'm actually doing something about it.					
7. It worries me that I might slip back on the gains I've already made in hoarding, so I'm hoping this program will help.					
8. I thought once I'd resolved hoarding I would be free of it, but sometimes I still find myself struggling with it.					

# Change Readiness Results

	Score
Add your responses to questions 1 and 2. This is your <b>pre-contemplation</b> score.	
Add your responses to questions 3 and 4. This is your <b>contemplation</b> score.	
Add your responses to questions 5 and 6. This is your <b>action</b> score.	
Add your responses to questions 7 and 8. This is your <b>maintenance</b> score.	

- If your highest score is pre-contemplation, this suggests that you do not believe that you have a problem.
- If your highest score is contemplation, you are aware that a problem exists, and that it bothers you. However, you might not yet have made a strong commitment to do something about it.
- If your highest score is action, you have actively started to work on hoarding, although you may not yet have been successful in managing it.
- If your highest score is maintenance, you have already made significant progress but might still need help to make sure you stay on the right path.