

The Change Process Assessment Table

Assessment Area	Rating: Lo Med Hi	Comments
What is the quality of the <u>relationship/rapport</u> ?		
Do you understand the <u>client's story, agenda, and readiness for change</u> ?		
Do you understand the <u>impact of the story</u> elements on the client's thoughts, feelings and behavior?		
Have you identified <u>client resources</u> -- Internal and External?		
Have you discovered <i>any</i> possible <u>motivations</u> for change?		
Have you gathered <u>other relevant assessment data</u> ?		
Have you and the client developed any <u>goals</u> ?		
Does the client have specific <u>action steps</u> to move toward goal(s)?		
Do you have specific therapeutic <u>strategies/techniques/etc</u> to help move toward goal (s)?		