My Change Conversation Map

Put both sides of the choice on paper, in your own words. There is no right answer.

Name: _____ **Date:** _____

1 The change I am thinking about

One line, in my own words. Then two quick rulers.

The change:

How important is it (0 to 10)?	0	1	2	3	4	5	6	7	8	9	10
How confident am I (0 to 10)?	0	1	2	3	4	5	6	7	8	9	10

Why that number and not lower?

What would raise it by 2?

2 Both sides of the choice

Mixed feelings are normal. Write what is true for me on each side.

Staying as I am
What is good about it?

Staying as I am
What is not so good?

Changing
What would be good about it?

Changing
What worries me about it?

3 Change talk I have heard myself say

Tick any that fit. These are my own reasons.

- ☐ I want to...
- ☐ My reasons are...
- ☐ I will...
- ☐ I have already started...
- ☐ I could...
- ☐ I need to...
- ☐ I am ready to...
- ☐ Other:

4 Putting it together

Read both sides back, then say where I am

On one hand:

On the other hand:

What matters most to me:

Where does that leave me?

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My Change Plan

Start with my own reasons, then choose one small step I can really do.

Name: _____ **Date:** _____

1 Where I am right now

Tick the one that fits best today. All of them are fine places to be.

- [ ] Not ready to change yet
- [ ] Thinking about it
- [ ] Getting ready to start
- [ ] Already making changes
- [ ] Keeping a change going

My main reason for this change:

_____

2 My first small step

Small enough that I am nearly sure I can do it

The step: _____

When: _____

Where: _____

What I need first: _____

How sure am I (0 to 10)? _____

Under 7? Make the step smaller or change it.

3 What might get in the way

And what I will do if it does

What might get in the way	What I will do then

4 Support and checking in

Who helps, and how I will know it is working

Who can help: _____

How I will know: _____

Review date: _____

If I slip, I will try: _____

Good to know

1. Not a test or a diagnosis, and not a published MI tool. It gives no score.
2. Best used in a conversation where someone listens, not filled in alone under pressure.
3. Choosing not to change right now is a real choice. You can come back to this page.

In the US: call or text 988 in a crisis. In immediate danger, call 911.

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