



Assess readiness to change and set goals

Benefits of assessing readiness to change

- Builds trust and rapport.
- Exposes limiting beliefs that may slow down therapy.
- Helps your patient take an active role in their own rehabilitation.
- Allows you to develop goals that are meaningful to your patient.
- Improves the chances that therapy will result in real change.

10 questions to assess readiness and set goals

1. What would you like to see changed in your life?
2. Is it OK to talk about your memory?
3. What would be different about your life if your memory were better?
4. How would things be better if you worked on your memory?
5. What's the best/worst thing that could happen if you participated in speech therapy?
6. On a scale from 1 to 10, how confident are you that you could improve your memory?
7. What would make you feel more confident about working on your memory?
8. On a scale from 1 to 10, how ready are you to improve your memory?
9. Would you like my opinion about how I think I can help?
10. I wonder what it would be like if we practiced strategies to improve your memory.

Would you like to try?

For an explanation of each question: <https://eatspeakthink.com/assess-readiness-to-change>.