



## 8

**Instructions:** Each statement below describes how a person might feel when starting therapy or approaching problems in his life. Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel. For all the statements that refer to your “problem,” answer in terms of problems related to your drinking (or illicit drug use). The words “here” and “this place” refer to your treatment center.

There are five possible responses to each of the items in the questionnaire:

1 = Strongly Disagree

2 = Disagree

3 = Undecided

4 = Agree

5 = Strongly Agree

Circle the number that best describes how much you agree or disagree with each statement.

Statement	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree
1. As far as I’m concerned, I don’t have any problems that need changing.	1	2	3	4	5
2. I think I might be ready for some self-improvement.	1	2	3	4	5
3. I am doing something about the problems that had been bothering me.	1	2	3	4	5
4. It might be worthwhile to work on my problem.	1	2	3	4	5
5. I’m not the problem one. It doesn’t make much sense for me to consider changing.	1	2	3	4	5
6. It worries me that I might slip back on a problem I have already changed, so I am looking for help.	1	2	3	4	5
7. I am finally doing some work on my problem.	1	2	3	4	5
8. I’ve been thinking that I might want to change something about myself.	1	2	3	4	5

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9.	I have been successful in working on my problem, but I'm not sure I can keep up the effort on my own.	1	2	3	4	5
10.	At times my problem is difficult, but I'm working on it.	1	2	3	4	5
11.	Trying to change is pretty much a waste of time for me because the problem doesn't have to do with me.	1	2	3	4	5
12.	I'm hoping that I will be able to understand myself better.	1	2	3	4	5
13.	I guess I have faults, but there's nothing that I really need to change.	1	2	3	4	5
14.	I am really working hard to change.	1	2	3	4	5
15.	I have a problem, and I really think I should work on it.	1	2	3	4	5
16.	I'm not following through with what I had already changed as well as I had hoped, and I want to prevent a relapse of the problem.	1	2	3	4	5
17.	Even though I'm not always successful in changing, I am at least working on my problem.	1	2	3	4	5
18.	I thought once I had resolved the problem I would be free of it, but sometimes I still find myself struggling with it.	1	2	3	4	5
19.	I wish I had more ideas on how to solve my problem.	1	2	3	4	5
20.	I have started working on my problem, but I would like help.	1	2	3	4	5
21.	Maybe this place will be able to help me.	1	2	3	4	5
22.	I may need a boost right now to help me maintain the changes I've already made.	1	2	3	4	5

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23. I may be part of the problem, but I don't really think I am.	1	2	3	4	5
24. I hope that someone will have some good advice for me.	1	2	3	4	5
25. Anyone can talk about changing; I'm actually doing something about it.	1	2	3	4	5
26. All this talk about psychology is boring. Why can't people just forget about their problems?	1	2	3	4	5
27. I'm here to prevent myself from having a relapse of my problem.	1	2	3	4	5
28. It is frustrating, but I feel I might be having a recurrence of a problem I thought I had resolved.	1	2	3	4	5
29. I have worries, but so does the next guy. Why spend time thinking about them?	1	2	3	4	5
30. I am actively working on my problem.	1	2	3	4	5
31. I would rather cope with my faults than try to change them.	1	2	3	4	5
32. After all I had done to try to change my problem, every now and again it comes back to haunt me.	1	2	3	4	5

## Scoring

Precontemplation items	1, 5, 11, 13, 23, 26, 29, 31
Contemplation items	2, 4, 8, 12, 15, 19, 21, 24
Action items	3, 7, 10, 14, 17, 20, 25, 30
Maintenance items	6, 9, 16, 18, 22, 27, 28, 32

High scores on a SOC subscale indicate that the respondent is likely in that SOC. However, the SOC subscales are designed to be a continuous measure, therefore, the stages are not discrete and respondents can score high on more than one of the four stages.

Source: McConnaghy, Prochaska, & Velcier, 1983. Reprinted from material in the public domain. Available online at no cost (<https://web.uri.edu/cprc/psychotherapy-urica>).