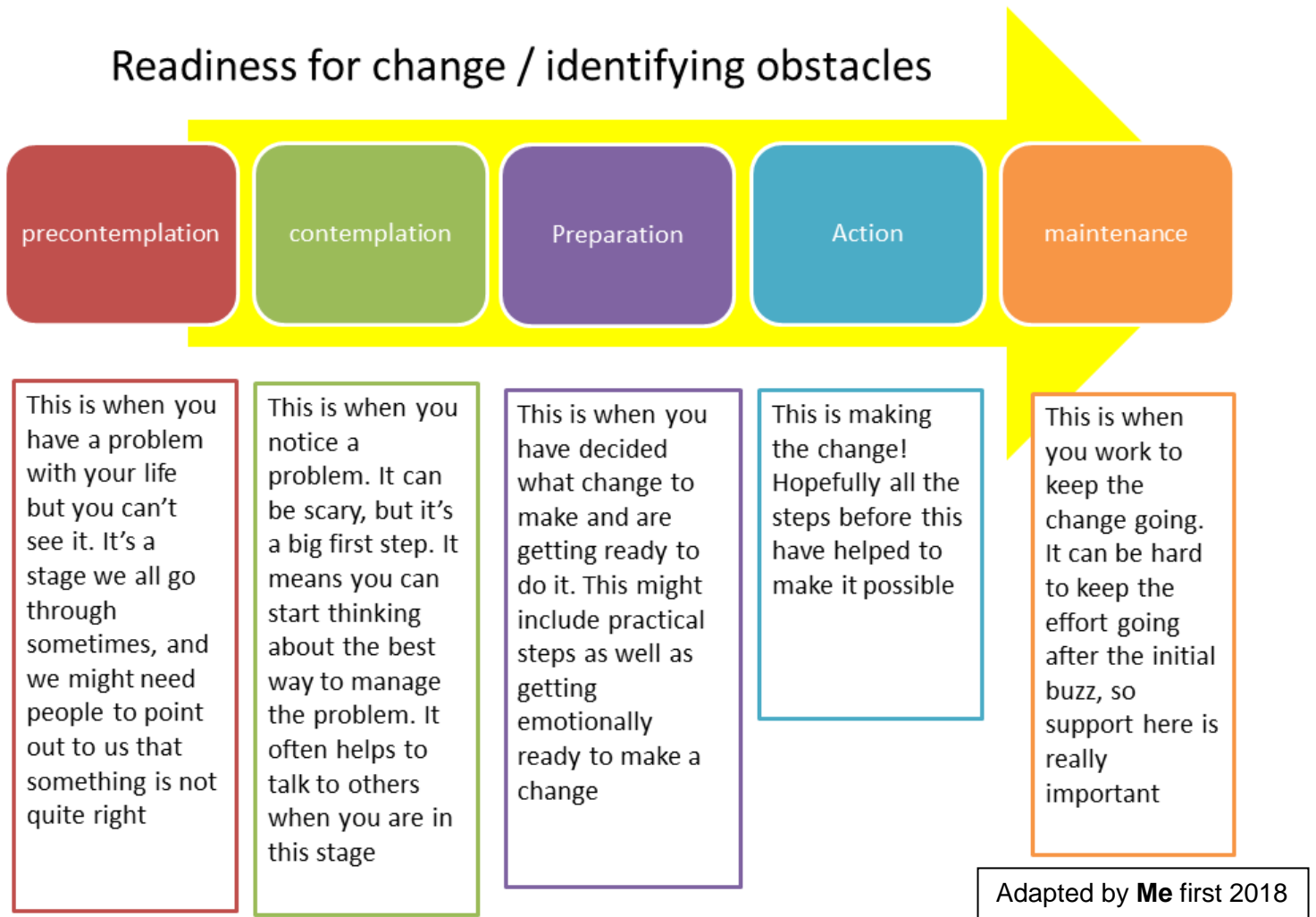


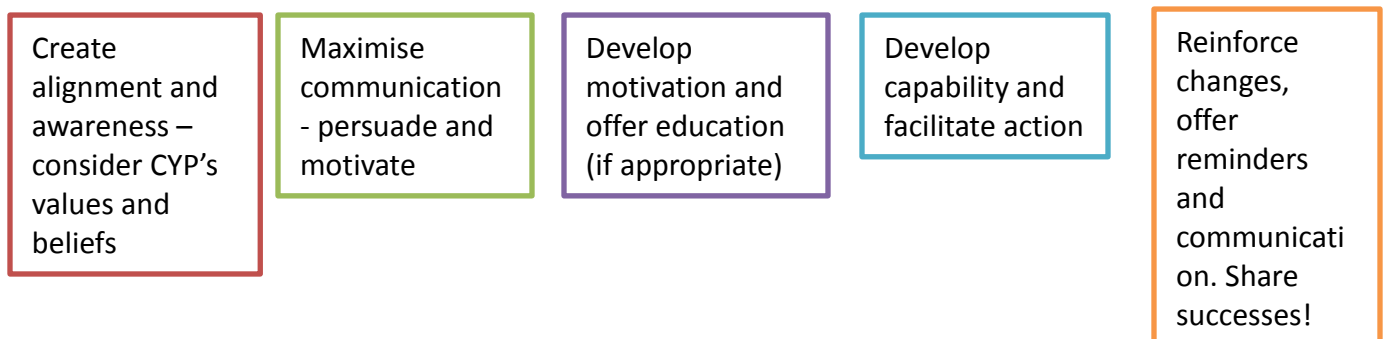
Identifying readiness to change

Behaviour and lifestyle changes can have a big influence on our health and wellbeing, but may not be easy to start or maintain. It can be useful to recognise where someone is on their journey to making a change, in order to support them.

The Readiness for Change tool is based on Prochaska & DiClemente's (1992) Stage of Change model.



As professionals, how to respond at the different stages can influence how children, young people and their families feel able to take steps towards change.



The language that people use can help us to identify where they may be in these stages of change. One way to recognise this is known as DARN CAT – examples of change talk, which comes from motivational interviewing literature (Passmore 2014).

Examples of Change Talk: DARNCAT

PREPARATORY CHANGE TALK: DARN

Desire: A wanting, wishing or willing. They do not express specific reasons, but express a general level of desire.

Examples: I want, I wish, I (would) like, I am motivated to, I (would) enjoy.

- I really want to lose weight.

Ability: Personal perceptions of capability or possibility of change. Generally express a level of ability.

Examples: I can, I could, I am able to, it's possible for me.

- I could stop drinking.

Reasons: Specifies a particular rationale, basis, incentive, justification, or motivation for making the target behaviour change

- If I have better control of my diabetes, I could go to the festival.

Need: Necessity, urgency, or requirement (for change). Usually, these statements do not include specific reasons, but express general level of need.

Examples: I need, I must, I have to, I've got to, I can't keep...

- I've got to quit smoking.

MOBILIZING CHANGE TALK: CAT

Commitment Language: Agreement, intention or obligation to future target behaviour change. Examples: I guarantee, I am prepared to, I will, I am going to do it, I intend to change.

- I am going to take my preventer inhaler every day.

Action: Current movement toward change.

Examples: I am ready, I am planning to

- I am planning to go for a run this week.

Taking Steps Toward Change: Describe a particular action that the young person has done in the recent past that is clearly linked to moving toward the target change.

- I listened to my mindfulness recording three times this week

How health and care professionals can help

How we communicate with people at different stages of change can influence how successful change will be. Using open ended questions, affirmations, reflections and summarising are all effective communication techniques to support change talk.

References

Passmore, J (2014). *Motivational Interviewing*. In J. Passmore *Mastery in Coaching*. London: Kogan Page

Prochaska, J. O., & DiClemente, C. C. (1992). The transtheoretical approach. *Handbook of psychotherapy integration*, 2.