

Quiz: Motivation for Change: Overcoming Helplessness



Name (first name only): _____ **Date:** _____

- 1. “Learned Helplessness” refers to feeling powerless to help yourself now and in the future due to an experience of being powerless in the past.**
 - a. True
 - b. False

- 2. Which of the following decisions are under your control?**
 - a. not using drugs
 - b. not exchanging body fluids
 - c. participating actively in your health care
 - d. all of the above

- 3. If you are already HIV-positive, why should you bother changing your behavior?**
 - a. compromised immune system—you are vulnerable to other infections
 - b. altruism—desire to protect others
 - c. reinfection—you can be infected with a different strain of HIV
 - d. evidence from research—you are not powerless to protect your health
 - e. all of the above

- 4. If you feel “ambivalent” about using condoms:**
 - a. you are not normal
 - b. you will never use condoms
 - c. you should weigh the costs and benefits of using condoms
 - d. none of the above

- 5. Your friend is still using drugs, says he doesn’t have a problem, and has no intention to stop. He is in the:**
 - a. contemplation stage of change
 - b. action stage of change
 - c. maintenance stage of change
 - d. none of the above

Score

Readiness Assessment



Instructions: Circle **one** of the responses in each of the four boxes.

Sexual Practices

1. I have no intention to start using condoms every time I have sex.
2. I am seriously considering starting to use condoms soon, but haven't made any definite preparations yet.
3. I am now actively preparing myself to begin engaging in safer sexual practices, but haven't started yet.
4. I've used condoms *every time I have sex* for **less than six months**.
5. I've been using condoms *every time I have sex* for **longer than six months**.

Stage: _____

Illegal Drug Use

1. I have no intention to quit using all illegal drugs.
2. I am seriously considering quitting all illegal drugs but haven't made any definite preparations yet.
3. I am now actively preparing myself to quit using all illegal drugs, but haven't quit yet.
4. I have now stopped using all illegal drugs and have been *completely abstinent* for **less than six months**.
5. I stopped using all illegal drugs and have been *completely abstinent* for **more than six months**.

Stage: _____

Health Care

1. I have no intention to see a doctor regularly, take all medications as directed and be active in my own health care.
2. I am seriously considering becoming more active in my health care, but haven't made any definite preparations yet.
3. I am now actively preparing myself to form a partnership with my health care provider so that I can participate more actively, but haven't done so yet.
4. I have now begun participating actively in my health care and have been 100% *compliant with all medical recommendations* for **less than six months**.
5. I have been participating actively in my health care and have been 100% *compliant with medical recommendations* for **more than six months**.

Stage: _____

Sharing Drug Paraphernalia

1. I have no intention to stop sharing drug paraphernalia with other people (e.g., needles, cookers, cotton, rinse water).
2. I am seriously considering not sharing paraphernalia any more, but haven't made any definite preparations yet.
3. I am now actively preparing myself to stop sharing paraphernalia, but haven't stopped yet.
4. I stopped sharing drug paraphernalia and *haven't shared anything* for **less than six months**.
5. I stopped sharing drug paraphernalia and *haven't shared anything* for **more than six months**.

Stage: _____

Stage of Change Graduation Game Worksheet



My current Stage of Change: In the space provided below, write the name of the stage (precontemplation, contemplation, action, preparation, or maintenance) from your Readiness Assessment.

Sexual practices _____

Health care _____

Drug use _____

Sharing "works" _____

The behavior I'm most *ambivalent* about changing is: Select the behavior, from the four above, that you are least motivated to change and write it here. _____

List the reasons for not wanting to change your behavior (costs):

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

(a) Total number of costs of change and enter here:

List the potential benefits of change:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

(b) Total the number of potential benefits of change and enter here:

(c) Subtract costs (a) from benefits (b) and enter results here:

Write in the name of the next Stage of Change here: _____

List below the strategies you will use to help you graduate to the next stage for changing this risky behavior:

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

(d) Total the number of strategies for graduation and enter here: