

# Motivation Assessment

Date: \_\_\_\_\_

How motivated do you feel to be in therapy?

- 1 Not particularly motivated
- 2 Somewhat motivated
- 3 Moderately motivated
- 4 Extremely motivated

How willing and motivated are you to put time and effort into your own self help:

- 1 not at all
- 2 a little
- 3 unsure
- 4 quite a bit
- 5 completely

How likely are you to do assignments in between sessions?

- 1 not at all
- 2 a little
- 3 unsure
- 4 quite a bit
- 5 completely

How hopeful do you feel about making the changes you want?

- 1 not at all
- 2 a little
- 3 unsure
- 4 quite a bit
- 5 completely

How clear would you say you are on the kind of help you want and the specific changes you're seeking?

- 1 not at all
- 2 a little
- 3 unsure
- 4 quite a bit
- 5 completely

How much control do you feel you have over making these changes?

- 1 not at all
- 2 a little
- 3 unsure
- 4 quite a bit
- 5 completely