

Commitment to Change Self-Rating Scale

To be completed if respondent indicates “not sure” on the Need for Change Scale

You can complete this brief questionnaire if you are employed or unemployed.

Date: _____ Name _____ Age: _____

Years Employed: _____ months: _____ Years Unemployed: _____ months: _____

Please share with us your opinions about your current employment situation.

If you are currently employed, respond to the questionnaire on the LEFT below.

If you are currently unemployed, respond to the questionnaire on the RIGHT below.

Respond below if you are currently EMPLOYED		Respond below if you are currently UNEMPLOYED	
Read each of the 4 statements below and decide if each one is <u>True</u> or <u>False</u> about how you now feel about your Job.		Read each of the 4 statements below and decide if each one is <u>True</u> or <u>False</u> about how you now feel about being unemployed.	
Circle one: TRUE FALSE	I believe that a need exists for me to change my Job now. There are alternatives to consider.	Circle one: TRUE FALSE	I believe that a need exists for me to be employed now. There are alternatives for me to consider.
Circle one: TRUE FALSE	I believe that changing my Job would be a positive thing for me now. It would make my life better.	Circle one: TRUE FALSE	I believe that becoming employed now would be a positive thing for me. It would make my life better.
Circle one: TRUE FALSE	I believe that I have the support that I need to change my Job now. The people and things to make a change are in place for me to use.	Circle one: TRUE FALSE	I believe that I have the support that I would need to become employed now. The people and things needed to become employed are in place for me to use.
Circle one: TRUE FALSE	I believe that changing my Job is possible for me now. It is something that can happen now.	Circle one: TRUE FALSE	I believe that becoming employed is possible for me now. It is something that can happen now.

** Adapted with the permission of Edward S. Casper, Ph.D. by the Maine Medical Center Department of Vocational Services*