

DARN Ruler

Behavior to possibly change: _____

DESIRE									
On a scale of 1 to 10, where 1 is the least and 10 is the most, how much would you say you WANT to change this?									
1	2	3	4	5	6	7	8	9	10
Least								Most	
Why is it that number and not a lower number?									
ABILITY									
On a scale of 1 to 10, where 1 is impossible and 10 is extremely possible, how much would you say you CAN change this?									
1	2	3	4	5	6	7	8	9	10
Impossible								Extremely Possible	
Why is it that number and not a lower number?									
REASON									
On a scale of 1 to 10, where 1 is not much and 10 is a lot, how much would change HELP you?									
1	2	3	4	5	6	7	8	9	10
Not Much								A Lot	
Why is it that number and not a lower number?									
NEED									
On a scale of 1 to 10, where 1 is not much and 10 is a lot, how much would you say you NEED to change this due to pressure from yourself or others?									
1	2	3	4	5	6	7	8	9	10
Not Much								A Lot	
Why is it that number and not a lower number?									

Derived from Miller, W.R., and Rollnick, S. (2013). *Motivational Interviewing*, New York: Guilford Press.