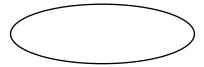
FORWARD	l Change Plan		
THINKING Participant Self-evaluation			
Unique Client ID:	Assessment Type: 🛛 Pre	🗖 Post	
Facilitator:	Session Type:	🔲 Individual	
Organization:	Date Completed: /	/	

Circle the number that best represents your level of agreement. Then, have your facilitator calculate the average score for each category (Attitudes, Knowledge, and Skills).

Attitudes	<u>Strongly</u> <u>Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly</u> Disagree
1. I view this program as an opportunity for behavior change.	1	2	3	4
2. I have a desire to be a positive role model for others.	1	2	3	4
3. I intend to spend more time around my positive influences.	1	2	3	4
4. I intend to avoid or cope with negative influences.	1	2	3	4
5. I have behavior change goals that are realistic, prosocial and meaningful.	1	2	3	4
6. I have personally important motivations for change.	1	2	3	4
7. I am willing to adjust or modify my action plan to further my change efforts.	1	2	3	4
Attitudes Average (Te	otal ÷ 7) =	\langle		
Knowledge				
8. I am able to identify the feelings associated with my top three issues.	1	2	3	4
9. I am able to identify the behaviors associated with my top three issues.	1	2	3	4
10. I am able to identify the values that are important to me.	1	2	3	4

FORWARD	Individual Char	nge Plan				
THINKING	Participant Self-evaluation					
Knowledge (continued)		<u>Strongly</u> <u>Agree</u>	<u>Agree</u>	<u>Disagree</u>	<u>Strongly</u> <u>Disagree</u>	
11. I am able to identify positive p influence my behavior.	people, places and things that	1	2	3	4	
12. I am able to identify negative influence my behavior.	people, places and things that	1	2	3	4	

Knowledge Average (Total ÷ 5) =



Skills

13. I demonstrate the values that are important to me.	1	2	3	4	
14. I have a network of individuals that support my change efforts.	1	2	3	4	
15. I appropriately use self-reward to reinforce my positive behavior.	1	2	3	4	
16. I substitute problem behaviors with healthy alternatives.	1	2	3	4	
17. I implement my ideas about how to spend more time around positive influences.	1	2	3	4	
18. I implement my ideas about how to avoid or cope with negative influences.	1	2	3	4	
19. I have access to supportive groups of people, services and other resources.	1	2	3	4	
20. I can identify the action steps required of a larger behavior change goal.	1	2	3	4	
21. I implement the action steps required of a larger behavior change goal.	1	2	3	4	

Skills Average (Total ÷ 9) =



Overall Score

Overall Average (Overall total ÷ 21) =

