

Predicting and Enhancing Psychotherapeutic Change

Precursors Assessment Form

Problem or Issue:					
Precursor & Its Markers	None (0)	Trace (1)	Small (2)	Adequate (3)	Abundant (4)
1. Sense of Necessity Expresses desire for change Feels a sense of urgency					
2. Willing for Anxiety Openness to experience Likely to take risks					
3. Awareness Able to identify problems Identifies thoughts, feelings					
4. Confronting the Problem Courageously faces problems Sustained attention to issues					
5. Effort toward Change Eagerly does homework High energy; active cooperation					
6. Hope for Change Positive outlook; open to future; High coping; therapeutic humor					
7. Social Support for Change Wide network of friends, family Many confiding relationships					

Total Score =

Scoring Guide*

- 0-6: Change unlikely: Educate client on change: Focus on precursors with lowest rating.
- 7-14: Change limited or erratic: Educate client and focus on precursors with lowest rating.
- 15-21: Change is steady and noticeable: Use the lowest rated precursors to stay on track
- 22-28: Highly motivated to inspired client: Change occurs easily: Standard approaches work well.

*Scoring is intended only as a general guide to a complex process: Some precursors may be more potent.

References

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