1. “Learned Helplessness” refers to feeling powerless to help yourself now and in the future due to an experience of being powerless in the past.
   a. True  b. False

2. Which of the following decisions are under your control?
   a. not using drugs
   b. not exchanging body fluids
   c. participating actively in your health care
   d. all of the above

3. If you are already HIV-positive, why should you bother changing your behavior?
   a. compromised immune system—you are vulnerable to other infections
   b. altruism—desire to protect others
   c. reinfection—you can be infected with a different strain of HIV
   d. evidence from research—you are not powerless to protect your health
   e. all of the above

4. If you feel “ambivalent” about using condoms:
   a. you are not normal
   b. you will never use condoms
   c. you should weigh the costs and benefits of using condoms
   d. none of the above

5. Your friend is still using drugs, says he doesn’t have a problem, and has no intention to stop. He is in the:
   a. contemplation stage of change
   b. action stage of change
   c. maintenance stage of change
   d. none of the above

Score

_________________
### Readiness Assessment

**Motivation for Change:** Overcoming Helplessness

#### Sexual Practices

1. I have no intention to start using condoms every time I have sex.
2. I am seriously considering starting to use condoms soon, but haven't made any definite preparations yet.
3. I am now actively preparing myself to begin engaging in safer sexual practices, but haven't started yet.
4. I've used condoms *every time I have sex* for **less than six months**.
5. I've been using condoms *every time I have sex* for **longer than six months**.

**Stage:** __________

#### Illegal Drug Use

1. I have no intention to quit using all illegal drugs.
2. I am seriously considering quitting all illegal drugs but haven't made any definite preparations yet.
3. I am now actively preparing myself to quit using all illegal drugs, but haven't quit yet.
4. I have now stopped using all illegal drugs and have been *completely abstinent* for **less than six months**.
5. I stopped using all illegal drugs and have been *completely abstinent* for **more than six months**.

**Stage:** __________

#### Health Care

1. I have no intention to see a doctor regularly, take all medications as directed and be active in my own health care.
2. I am seriously considering becoming more active in my health care, but haven't made any definite preparations yet.
3. I am now actively preparing myself to form a partnership with my health care provider so that I can participate more actively, but haven't done so yet.
4. I have now begun participating actively in my health care and have been 100% compliant with all medical recommendations for **less than six months**.
5. I have been participating actively in my health care and have been 100% compliant with medical recommendations for **more than six months**.

**Stage:** __________

#### Sharing Drug Paraphernalia

1. I have no intention to stop sharing drug paraphernalia with other people (e.g., needles, cookers, cotton, rinse water).
2. I am seriously considering not sharing paraphernalia any more, but haven't made any definite preparations yet.
3. I am now actively preparing myself to stop sharing paraphernalia, but haven't stopped yet.
4. I stopped sharing drug paraphernalia and *haven't shared anything* for **less than six months**.
5. I stopped sharing drug paraphernalia and *haven't shared anything* for **more than six months**.

**Stage:** __________
Stage of Change Graduation Game Worksheet

My current Stage of Change: In the space provided below, write the name of the stage (precontemplation, contemplation, action, preparation, or maintenance) from your Readiness Assessment.

Sexual practices ______ Health care ______
Drug use ______ Sharing “works” ______

The behavior I’m most ambivalent about changing is: Select the behavior, from the four above, that you are least motivated to change and write it here. ____________________________

List the reasons for not wanting to change your behavior (costs):
1. ____________________________ 6. ____________________________
2. ____________________________ 7. ____________________________
3. ____________________________ 8. ____________________________
4. ____________________________ 9. ____________________________
5. ____________________________ 10. ____________________________

(a) Total number of costs of change and enter here: [ ]

List the potential benefits of change:
1. ____________________________ 6. ____________________________
2. ____________________________ 7. ____________________________
3. ____________________________ 8. ____________________________
4. ____________________________ 9. ____________________________
5. ____________________________ 10. ____________________________

(b) Total the number of potential benefits of change and enter here: [ ]

(c) Subtract costs (a) from benefits (b) and enter results here: [ ]

Write in the name of the next Stage of Change here: ____________________________

List below the strategies you will use to help you graduate to the next stage for changing this risky behavior:
1. ____________________________ 6. ____________________________
2. ____________________________ 7. ____________________________
3. ____________________________ 8. ____________________________
4. ____________________________ 9. ____________________________
5. ____________________________ 10. ____________________________

(d) Total the number of strategies for graduation and enter here: [ ]