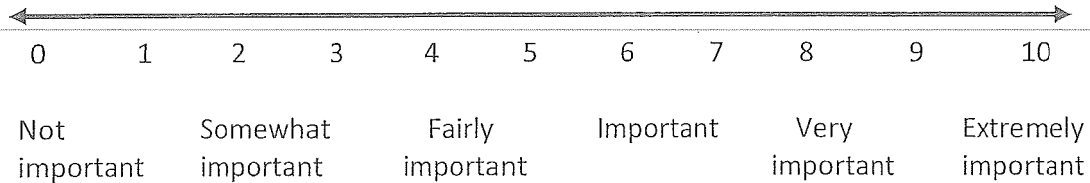
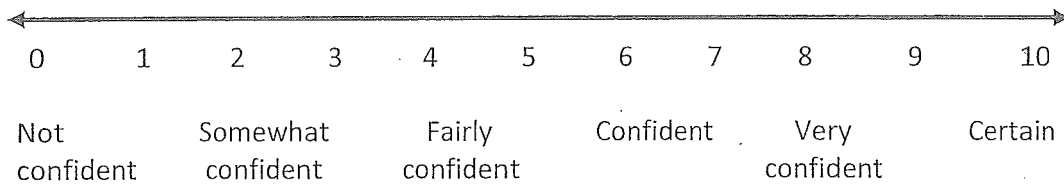


Personal Rulers

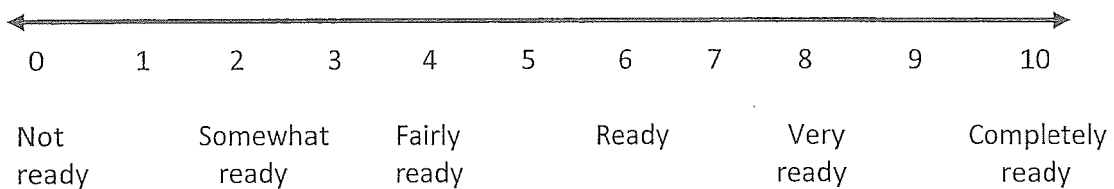
Importance Ruler: How important is it that you change your substance use?



Confidence Ruler: How confident are you that you can change your substance use?



Readiness Ruler: How ready are you to change your substance use?



Adapted with permission from Miller, W.R., ed. *COMBINE Monograph Series, Volume 1. Combined Behavioral Intervention Manual: A Clinical Research Guide for Therapists Treating People with Alcohol Abuse and Dependence*. DHHS Publication No. (NIH) 04-5288. Bethesda, MD: NIAAA, 2004.

