Readiness to change scales

How important is this change to you right now?

1 2 3 4 5 6 7 8 9 10

Not important at all *somewhat important* *very important*

How confident are you that you could make this change right now?

1 2 3 4 5 6 7 8 9 10

Not confident at all *somewhat confident* *very confident*

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