

# Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES)

## Patient Information

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Gender: \_\_\_\_\_ Date of Assessment: \_\_\_\_\_

Substance/Behavior of Concern: \_\_\_\_\_  
\_\_\_\_\_

## Instructions:

Please read each statement carefully and indicate your agreement or disagreement based on your feelings and thoughts. Use the following scale to rate each statement:

1 = Strongly Disagree

2 = Disagree

3 = Unsure

4 = Agree

5 = Strongly Agree

## Recognition (R):

	Rating
1. I have a serious problem with my substance/behavior.	_____ / 5
2. I think I might need to make some changes in my substance/behavior.	_____ / 5
3. I know that my substance/behavior is causing problems in my life	_____ / 5

## Ambivalence (A):

	Rating
1. I'm unsure if I want to change my substance/behavior	_____ / 5
2. Part of me wants to change my substance/behavior, but part of me doesn't.	_____ / 5
3. I feel stuck between wanting to change my substance/behavior and not wanting to	_____ / 5

## Taking Steps (TS):

	Rating
1. I believe I can make changes in my substance/behavior.	_____ / 5
2. I have a plan for how I can change my substance/behavior	_____ / 5
3. I have a plan for how I can change my substance/behavior	_____ / 5

## Scoring:

Calculate the sum of your responses for each subscale (R, A, TS). Higher scores indicate greater readiness for change in that area.

**Recognition (R) = 13**

**Ambivalence (A) = 10**

**Taking Steps (TS) = 13**

**Interpretation:**

**High Recognition:** Acknowledgment of the need for change.

**High Ambivalence:** Mixed feelings about changing.

**High-Taking Steps:** Confidence and belief in making changes.

**Note to Patient:**

**Note to Professionals:**