

# RISK REDUCTION PROFORMA

Date of MI session

Patient ID

## REASON TO DISCUSS RISK REDUCTION

*Identify Risk:*

## STAGE OF IMPORTANCE OF CHANGE 1-10

*Eg on a scale of 1-10 how important is it that you (define the behaviour you should really change)*

*What would make your number higher ? Or Lower? Why do you want to make this change?*

*What are the three best reasons to do it? How might you go about it, in order to succeed? On a scale from 0 to 10, how important would you say it is for you to make this change?*

## CONFIDENT OF CHANGE Scale 1-10

*Eg how confident are you that you*

*What would make your number higher ? Or Lower?*

*What is there about you (strengths, abilities, talents) that would help you do this? How might you go about it, in order to succeed? What have you done successfully in the past that was like this in some way?*

## DECISIONAL BALANCE (pros and cons of using and changing and not changing behaviour)

**What do you like about/ find good**

**what's complicated or 'not so good' ?**

*and?*

**What would be good for you if you started to....**

**If you did start what might you find difficult ?**

**Looking forward prompts:** "What do you see in the future if you continue to" "What do you see if you started to change?" **"Tell me about a time when you (changed behaviour) and it went well"** , "What would have to happen/change for you to change.... What else...".

**looking back prompts:**

"Looking back to a time when you..... what was it like?" "What was different?" "What's changed?" "Tell me about that...." "What do you make of that?"

## DOCUMENT OUTCOME

**Did the importance /confidence scales change as a result of the discussion?**

**OTHER PROMPTS DISCUSSIONS:**

**Could you set yourself a goal?**

**What change would you like to make?**

**When would be a good time to start ?**

**And how?**

**what stage of change? (circle) precontemplative/ contemplative/ determinism/action/maintenance/ relapse**

**Name and signature**