Appendix A: Stages of Change Interview For Competitive Employment

Name________________________________  Date__________
Interviewer________________________________

The following questions are related to getting a job. I am going to ask about what you are doing to get a job. If you are not looking for a job, I will ask you what things are in the way of getting a job.

Do you want to get a job right now?

YES

MAYBE/NO

What are you doing about it?

List activities here

What are the pros and cons of__________?

Pros

Cons

Do pros or cons weigh more?

__ If no pros to change:
    PRECONTEMPLATION STAGE

__ If cons > pros:
    CONTEMPLATION STAGE

__ If pros > cons:
    DETERMINATION/PREPARATION STAGE

Have you slipped in the past month?

__ If yes: RELAPSE STAGE