

# Internal Change Assessment *(iizuka: Support Tasks, Start Assessment)*

For conducting a baseline assessment and noting actions taken by the Mentor and progress made

<b>Mentor Name</b>		<b>Date of meeting</b>	
<b>Client Name</b>			

## 1. Responsibility I think about the results of my actions.

1	2	3	4	5	6	7	8	9	10
I do things without thinking about the consequences.		I think briefly about the consequences, but end up doing it anyway.			I'm trying to reflect more on the consequences, so I can make positive decisions.			I'm able to think about and understand the consequences, so that I can make positive decisions.	

Why do you say this / feel this way? Can you give me some examples?

## 2. Support There are people I can turn to when I have a problem.

1	2	3	4	5	6	7	8	9	10
I don't know anyone I can trust to support me in dealing with my problems.		There are a few people I trust to support me in dealing with problems, but I am not sure they are the right people.			I feel pretty confident that I have people I can trust to support me in dealing with my problems.			I feel confident that I have people I can trust and that they are the right people to support me in dealing with my problems.	

Why do you say this / feel this way? Can you give me some examples?

## 3. Confidence I feel confident in myself.

1	2	3	4	5	6	7	8	9	10
I hardly ever feel confident in myself.		Only some of the time do I feel confident in myself.			I often feel confident in myself.			I almost always feel confident in myself.	

Why do you say this / feel this way? Can you give me some examples?

**4. Hope I feel hopeful about my future.**

1	2	3	4	5	6	7	8	9	10
I feel pretty hopeless about my future.		I feel a bit hopeful about my future.			I feel quite hopeful about my future.			I have a good deal of hope about my future.	

**Why do you say this / feel this way? Can you give me some examples?**

**5. Self-esteem I feel good about myself.**

1	2	3	4	5	6	7	8	9	10
I never feel good about myself.		Only some of the time do I feel good about myself.			I often feel good about myself			I almost always feel good about myself.	

**Why do you say this / feel this way? Can you give me some examples?**

**6. Make Decisions I feel able to make my own decisions.**

1	2	3	4	5	6	7	8	9	10
I always look to others to help me make a decision.		Making my own decisions is a problem for me but I am working on it and getting a bit more confident.			Making my own decisions is less of a problem for me and I feel quite confident in making my own decisions.			I feel confident in being able to make my own decisions.	

**Why do you say this / feel this way? Can you give me some examples?**

**7. Resilience** I am good at making it through stressful times.

1	2	3	4	5	6	7	8	9	10
I feel overwhelmed by the problems I need to deal with.		I sometimes feel better able to deal with my problems but still need support during the stressful times.			I often feel better able to deal with my problems and I don't need support as often during the stressful times.			I almost always feel able to deal with my problems and I seldom need support during the stressful times.	

Why do you say this / feel this way? Can you give me some examples?

**8. Motivation** I am really working hard to change my life.

1	2	3	4	5	6	7	8	9	10
I don't feel any need to change.		I think that there are things I need to change about my life.			I have been successful in making some changes but I still need some support to keep up the effort.			I am working hard to change my life.	

Why do you say this / feel this way? Can you give me some examples?

**9. Use of time** I am making good use of my free time by doing more constructive things.

1	2	3	4	5	6	7	8	9	10
I don't do much except sit around.		I believe I need to get involved in doing other things which will help me improve my life but not sure how to move forward.			I am willing to get involved in doing other things which will help me improve my life and am actively looking around for opportunities.			I make good use of my free time doing things which will help me improve my life.	

Why do you say this / feel this way? Can you give me some examples?