

### 3 Questions Worksheet

By asking yourself the following questions, you can assess with your therapist whether you are ready to take this vital step forward.

**Mark your answers on the scales below. On a scale of 0 to 100:**

**How much is my problem affecting me?**

0..... 100

**How important is it to get better?**

0.....100

**How willing am I to make getting better a priority in my life?**

0.....100

**Get into the therapy only if you are a hundred percent sure**