Please mark how much you agree or disagree with each statement. Use the following scale:

0 = Disagree Strongly
1 = Disagree Somewhat
2 = Disagree a Little
3 = Agree a Little
4 = Agree Somewhat
5 = Agree Strongly

1. I set realistic goals for what I want to change about myself. 0 1 2 3 4 5
2. I can tell when I am ready to make specific changes in myself. 0 1 2 3 4 5
3. I know how to make a realistic plan in order to change myself. 0 1 2 3 4 5
4. I take every opportunity to grow as it comes up. 0 1 2 3 4 5
5. When I try to change myself, I make a realistic plan for my personal growth. 0 1 2 3 4 5
6. I ask for help when I try to change myself. 0 1 2 3 4 5
7. I actively work to improve myself. 0 1 2 3 4 5
8. I figure out what I need to change about myself. 0 1 2 3 4 5
9. I am constantly trying to grow as a person. 0 1 2 3 4 5
10. I know how to set realistic goals to make changes in myself. 0 1 2 3 4 5
11. I know when I need to make a specific change in myself. 0 1 2 3 4 5
12. I use resources when I try to grow. 0 1 2 3 4 5
13. I know steps I can take to make intentional changes in myself. 0 1 2 3 4 5
14. I actively seek out help when I try to change myself. 0 1 2 3 4 5
15. I look for opportunities to grow as a person. 0 1 2 3 4 5
16. I know when it’s time to change specific things about myself. 0 1 2 3 4 5

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There are four subscales on the PGIS-II: **Readiness for Change, Planfulness, Using Resources, and Intentional Behavior.** A **Total Mean Score** also can be calculated.

**General information:**
- All items are positively worded.
- To calculate the subscale scores, sum the item responses for that subscale and divide by the number of items in the subscale.
  - Thus, a subscale score is the mean response value for items on that subscale.
- The **Total Mean Score** is calculated by summing the subscale scores and then dividing by 4 (i.e., the number of subscales).
  - This provides a mean subscale score and reduces weighted effects of the different number of items on the subscales.

Subscales and their items (numbers in parentheses are item numbers from the PGIS-II as it is administered):

**Readiness for Change**
1. I can tell when I am ready to make specific changes in myself.
2. I figure out what I need to change about myself.
3. I know when I need to make a specific change in myself.
4. I know when it’s time to change specific things about myself.

**Planfulness**
1. I set realistic goals for what I want to change about myself.
2. I know how to make a realistic plan in order to change myself.
3. When I try to change myself, I make a realistic plan for my personal growth.
4. I know how to set realistic goals to make changes in myself.
5. I know steps I can take to make intentional changes in myself.

**Using Resources**
6. I ask for help when I try to change myself.
7. I use resources when I try to grow.
8. I actively seek out help when I try to change myself.

**Intentional Behavior**
4. I take every opportunity to grow as it comes up.
5. I actively work to improve myself.
6. I am constantly trying to grow as a person.
7. I look for opportunities to grow as a person.