



Readiness to Change - Intake/Referral

Date: _____

Referral Name: _____ Age: _____ DOB: _____

Person completing form: _____ Agency: _____

Is this referral a confirmed victim of sex trafficking? __ Yes __ No

Table with 6 columns: Not at all (1), Considering it (2), Ready to or Preparing for (3), Already started (4), Trying to keep up this change (5), Was changing, now struggling (6)

Step 1 Rate 1-5 for each (write on the lines next to the question number).

How ready/willing are you to...

1. _____ Go to Doors to Freedom and live harmoniously in an all-female residential program?

Comments: _____

2. _____ Work towards growing as an individual and achieving goals you set for herself in the program?

Comments: _____

3. _____ Let go of the ties from the past including thoughts, behaviors, and unhealthy relationships?

Comments: _____

4. _____ Live in complete sobriety and chastity during your stay?

Comments: _____

5. _____ Give up personal phone, email, and social media during your stay? (Your safety is extremely important.)

Comments: _____



6. _____ Give up certain outside contacts during your stay?
Comments: _____

7. _____ Work on the issues in your past that may have contributed to your current situation?
Comments: _____

8. _____ Allow others to speak into your life and submit to Doors to Freedom's program?
Comments: _____

Doors to Freedom is a voluntary program. You have to want to enter into the program and begin working on growing as a person and preparing for a brighter future.

Step 2 Ask questions below according to rating. Summarize answers to the questions on the "Comments" lines above.

For those rated 1...

- How will you know when it's time to think about changing?
- What signals will tell you to start thinking about changing?
- What qualities in yourself are important to you?
- What connection is there between those qualities and "not considering a change?"

For those rated 2...

- Why did you rate it a 2 and not a 1?
- What might put you at a 3?
- What would be the good result of changing?
- What are the barriers to changing?

For those rated 3...

- What are the good things about the way you're currently trying to change?
- What are the not so good things?
- What is a barrier to change? What could help you overcome this barrier? When could you try to overcome this barrier?



For those rated 4...

- What made you decide to take this step toward change?
- What has worked in taking this step?
- What helped it work?
- What could help it work even better?
- What else would help?
- Can you break that helpful step down into smaller pieces?
- When can you get started on this?

For those rated 5...

- What's helping you?
- What else would help?
- What are your high-risk situations that might hinder you from maintaining this change?

For those rated 6...

- What worked for a while?
- Long term change almost always takes a few cycles; What did you learn from the experience that will help you when you give it another try?