

8. I'm thinking that it might be a good time to start planning for a change, but not necessarily to make it. _____
9. I have been saving up to make a change for a while now and am about 60% there. _____
10. A good friend recently suggested a new undertaking for me which sounds very exciting. _____
11. I commonly have thoughts like, "If I change something now, I will feel less unmotivated and focused." _____
12. I have been feeling down lately and my mood has been blue. _____
13. I've been putting off a major change for a while and I'm not sure that anything is different enough to make now the right time. _____
14. I recently suffered a major loss, such as a death or job layoff and I am having a hard time coping with it. _____
15. At least two people have told me lately that I haven't really been myself. _____
16. On a typical day, I feel dissatisfied with several aspects of my life. _____
17. I often feel like I am very much influenced by other's opinions and have a tough time making my own decisions. Someone has been encouraging me to make a certain change lately and I may be considering the change because they recommend it. _____
18. It is typical for me to think that I "should" do something differently but not to know exactly what I need to do. _____
19. I frequently think, "maybe I need to take a major risk one of these days." _____
20. When I think about making the change, I get so nervous that I cannot function well. _____
21. The reason that I want to make a change is that I think it would be the one (and only) thing that would lead to my happiness. _____
22. I do *not* feel emotionally ready to tackle a new obstacle right now. _____
23. If I stick with my current situation (relationship, job, etc.) for a little _____

while longer, there is likely to be a major payoff or advancement.

- 24. The main factor that makes me want to make a drastic change is that I am bored and not content. _____
- 25. Others could be potentially negatively affected by my decision to make a change. _____
- 26. I am a bit unsure about all the factors that are involved in my decision. I may need to get more information to help me learn all the details. _____
- 27. My plans in the near future involve multiple changes at the same time (such as moving, new job, having a baby, getting a pet, etc.) _____
- 28. There is no way I could afford to make the change I am thinking about and still comfortably eat, pay my bills, and pay my rent. _____
- 29. My reason for wanting a change is to change somebody else. _____
- 30. At least a couple people have told me to think carefully about making this change because I may not be ready for it right now. _____

Score Interpretations

Total Score 113-150

This score indicates a high likelihood that now is *not* the time for you to make a significant change. It is typically a bad idea to make a change if you are uncertain about the change, if you have many other things going on that are taking up your attention or if your mood is not stable. When people are in a negative mood, they are prone to making poor decisions based on emotional reasoning, not on factual or rational reasoning. Since you endorsed many items indicating these variables, it appears that you should settle some of these issues before embarking on a major life change. It is recommended that you take this assessment again when some aspects of your life have settled down or feel more secure.

Total Score 75-112

Your score indicates that you may feel uncertain about now being the right time to make a change. Your intuition is most likely correct. While you may have a good handle on many aspects of your life, there is enough unsettled right now that it may not be a good time to embark upon a significant change. You may fear the consequences of this change and may be avoiding it because of nervousness. Take a solid look at the potential consequences of the change and decide based on the objective data, rather than anxiety.

Total Score 38-74

This score indicates that you may be in a good position to make a major change. There are some aspects that you may not be completely clear on; however, in general, you appear to be in a good place to make a change. You show signs of being ready for something different and you do not appear to be making a change based on fear or emotional reasoning. You are likely to have weighed the pros and cons of making a change and to be aware of the potential negative consequences as well as the potential positive ones. Once you work through the last few elements, you will be in a very good position to go for it.

Total Score 0-37

The results of this assessment indicate that now is a great time for you to make a major change. You are not ambivalent about the change. You are aware of the potential problems and benefits of making the change. And now is the right time. You seem to be in a good place in terms of finances, emotional state, and support systems. You may have procrastinated on making this change before, but you appear to be ready now. All signs point to now being a time to go for the change and work towards making some major progress in your life.

Disclaimer: This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.

Assessment Developed by:

Milana Leshinsky, www.AssessmentGenerator.com

Larina Kase, Psy.D., M.B.A., www.PAScoaching.com 215-370-1806