



# Readiness for Support Check

*Understanding Your Starting Point*

CLIENT RESOURCE

**Purpose:** This is not about whether you're "ready to change" — that's a different conversation. This check helps you understand what kind of support might work for you right now, and sets realistic expectations.

**Important:** There are no wrong answers. "Not yet" responses aren't failures — they're information. Sometimes the most helpful thing is knowing what you're NOT ready for.

## Readiness Statements

"I'm looking for guidance and education, not someone to fix me or give me all the answers."

Yes

Unsure

Not Yet

"I'm open to taking small steps, even if I don't see results immediately."

Yes

Unsure

Not Yet

"I understand that educational support is not medical care, therapy, or treatment."

Yes

Unsure

Not Yet

"I'm willing to reflect and notice things between sessions or conversations."

Yes

Unsure

Not Yet

"I have (or am working on getting) other professional support for serious concerns."

Yes

Unsure

Not Yet

## What Your Responses Mean

### Mostly "Yes"

You're in a good place to benefit from educational support. You have realistic expectations and are ready to engage.

### Mixed Responses

That's completely normal. Some clarification might help. Discuss your "unsure" areas with whoever is supporting you.

### Mostly "Not Yet"

This isn't a failure — it's clarity. You might need a different type of support first, or simply more time.

## Why This Matters

This check protects you from receiving the wrong kind of support — and protects the person supporting you from overstepping. When expectations are clear, everyone wins.

Good practitioners help you find the right support — even if it's not with them.

 **For Practitioners:** This tool increases client quality and reduces friction. Clients who complete this understand the relationship better, have clearer expectations, and are more likely to engage meaningfully.



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