Am I ready for change?

Ready (sum of the two categories below)
Benefits of taking medicine: ___
Risks of not taking medicine: ___
Total: ____________________

Not ready (sum of the two categories below)
Benefits of not taking medicine: ___
Costs of taking medicine: ______
Total: ____________________

Compare the two totals.
Which is greater? _________

What is my next step?

☐ I'm ready.
I will ____________________

☐ I'm not ready yet.
I will ____________________

Choose what is best for you.
Choose health.

Stage of change  Contemplation

Thinking some more about taking medicine

This pamphlet is for people who want to think some more about taking a new medicine or injecting insulin.

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You may prefer not to take a new pill or insulin. Yet, you know that it can help you. Here are some reasons that people with diabetes take medicine:

- to lower blood sugar
- to lower cholesterol
- to lower blood pressure and protect the kidneys
- to prevent blood clots
- to help with depression

Before taking a new medicine, we weigh the benefits and risks of not taking it. What are the benefits (and risks) for you?

Benefits of not taking medicine: ___
________________________________________________________________________
________________________________________________________________________

Risks of not taking medicine: ___
________________________________________________________________________
________________________________________________________________________

What are the benefits and costs of taking new medicine?

We also weigh the benefits and costs of taking new medicine. What are the benefits (and costs) for you?

Benefits of taking new medicine: ___
________________________________________________________________________
________________________________________________________________________

Costs of taking new medicine: ___
________________________________________________________________________
________________________________________________________________________

How many benefits (and risks) are there?

Benefits of taking medicine: _____
Costs of taking medicine: _____

Benefits of not taking medicine: _____
Costs of not taking medicine: _____