DBI Tool 4: Practitioner Guidance Notes

IMPORTANCE & CONFIDENCE RULERS

What is this tool?

The 'Importance & confidence rulers' tool can be used to help people see the importance of making a desired change in their lives. This tool is linked to motivational interviewing approaches, similar to tool 3 (Decisional Balance) within the toolkit.

Who is this tool for?

This tool is for people who want to make a change in their life and have identified a potential change that they would like to implement. It can be used for people who feel apprehensive or have ambiguity about making a change in their life and encourages them to consider if implementing this change is important to them and if they feel capable of implementing it.

How can this tool help?

This tool can help by encouraging people to focus on the importance of making their desired change and how confident they feel about implementing the change. This tool can be used as a starting point so people can explore what would need to happen to increase their ratings of how important the desired change is to them and/or how confident they feel implementing it.

The tool offers an opportunity for a discussion to occur between the person in distress and the Level 2 Practitioner as the tool prompts people to think about what they would need to do to increase their confidence in implementing a change. However, it is also important, when using the tool, at each step to have discussion around:

- How did they come to choose their importance rating?
- How did they come to choose their confidence rating?

This tool can help to open up discussion and encourage people to focus and reflect on why they are making a potential change. It is also important that the person in distress comes up with their own ideas of how to increase their confidence as opposed to the Level 2 Practitioner thinking of ideas for them. By doing this, the tool can be more tailored to the person and increase the likelihood that the person acts on their ideas of what they need to do to increase their confidence.

When can I use this tool?

This tool can be used when a person being referred into DBI Level 2 is having difficulty or conflicting thoughts about making changes to their life. Also, if the person states or appears not to be confident or certain that they want to implement change or they do not feel as though they are capable of implementing change.

This tool may be helpful for developing D-MaP Part B when exploring motivation for changes in behaviour.

4. IMPORTANCE AND CONFIDENCE RULERS

This tool can help you to identify the importance of making a potential change in your life and how confident you feel about implementing this change.

Making changes in our lives can be a difficult process and often we may not consider the true importance of making a change in our life, we may experience conflicting views, or we may not feel equipped to implement this change.

Using the tool below will help you to reflect upon and consider how important making a desired change in your life is. It will give you time to consider how confident you feel about implementing the desired or potential change and finally, what steps you may need to take to increase your confidence in making a desired change.

Example:

Potential change: Reduce my alcohol intake
Importance:

- 8/10 as I have been drinking a lot recently and it is impacting my work, making me feel anxious and tired.

Confidence:

- 2/10 as it is difficult to reduce my alcohol intake when I am surrounded by so many people who drink alcohol, and this is usually what my friends and I do when we go out.

What would need to happen to increase this score:

- I would need to perhaps distance myself from people in my social circle who drink regularly
- I may also need to think of other activities I can take part in with my friends other than going to the pub

Tip: It is helpful to identify how important and how confident you feel about implementing a change in your life. However, when you are doing this, try to think about why this potential change is so important to you and why you feel as though you are less/very confident about making this change. This is important as it can help you understand what changes you can make to increase your confidence levels.

4. IMPORTANCE & CONFIDENCE RULERS

Write in the box the number that best matches how you feel...

How important is it for you to make this change?	

How confident are you that you can make this change?	

What would need to happen to increase both of these scores?

Acknowledgment
Miller, W. R., & Rollnick, S. (2023). *Motivational interviewing: Helping people change and grow* (Fourth ed.). Guilford Publications.