

**CARD A: Detailed Recency Codes**

Within the past two days . . . . .	6
3 to 7 days ago . . . . .	5
1 to 4 weeks ago . . . . .	4
1 to 3 months ago . . . . .	3
4 to 12 months ago . . . . .	2
More than 12 months ago . . . . .	1
Never . . . . .	0

**CARD B: Simple Recency Codes**

Past month . . . . .	3
2 to 12 months ago . . . . .	2
1+ Years ago . . . . .	1
Never . . . . .	0

**CARD C: Environment Codes**

- None
- A Few
- Some
- Most
- All

**CARD E: Need Help Scale**

Right away . . . . .	4
In the next 3 months . . . . .	3
More than 3 months from now . . . . .	2
Getting the help I need already . . . . .	1
Do not need any help . . . . .	0

**CARD F: Readiness Scale**

0%---20%---40%---60%---80%---100%  
not ready ready

**CARD G: Stress Rating**

Not at all . . . . .	0
Somewhat . . . . .	1
Considerably . . . . .	2
Extremely . . . . .	3