



THE TRIANGLE

SHORT-TERM EVALUATION TOOL

Use this Ida Triangle Tool to measure progress in your change process, for example the extent to which you have used an Ida tool with patients.

Fill in the Triangle:

- Indicate on the bottom scale (0 - 10) how successful you think you have been at using the chosen Ida tool with patients since you ended change session 3 or since your last evaluation.
- Reflect on your answer and what has helped or hindered you from using it successfully. Write down the helps along the right-hand side of the Triangle and the hindrances along the left-hand side.
- Focus on the helps and write down under “Actions” the steps you can take to further improve your ability to use the Ida tool in your practice between now and your next Triangle Tool evaluation.

Goal: Integrate Ida Tools into my practice with patients

Write the barriers to reaching your goal

Write the things that helped you reach your goal

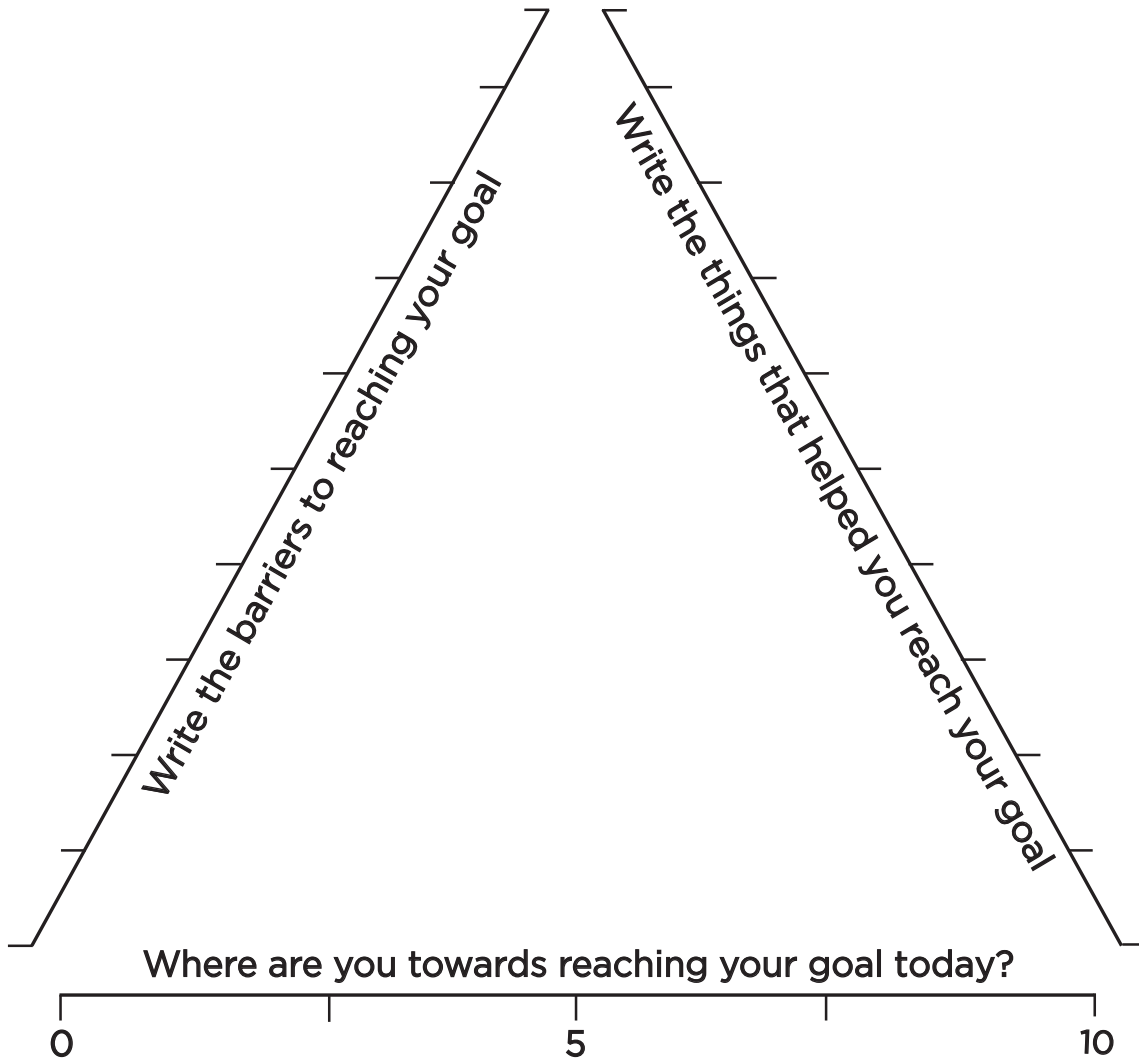
Where are you towards reaching your goal?

0 5 10

Actions:

Ida Triangle: Short-Term Evaluation Tool

Goal: Integrate Ida Tools into my practice with patients



Actions: