

Sample Questions To Evoke Self-Motivational Statements

Problem Recognition

- What things make you think that this is a problem?
- What difficulties have you had in relation to your drug use?
- In what ways do you think you or other people have been harmed by your drinking?
- In what ways has this been a problem for you?
- How has your use of tranquilizers stopped you from doing what you want to do?
- What difficulties or hassles have you had in relation to your drug use?
- What is there about your drinking that you or other people might see as a reason for concern?
- How has this stopped you from doing what you want to do in life?

Concern

- What is there about your drinking that you or other people might see as reasons for concern?
- What worries you about your drug use? What can you imagine happening to you?
- How much does this concern you?
- In what ways does this concern you?
- What do you think will happen if you don't make a change?

Intention to Change

- The fact that you're here indicates that at least part of you thinks it's time to do something.
- What are the reasons you see for making a change?
- What makes you think that you may need to make a change?
- If you were 100 percent successful and things worked out exactly as you would like, what would be different?
- What things make you think that you should keep on drinking the way you have been? And what about the other side? What makes you think it's time for a change?
- I can see that you're feeling stuck at the moment. What's going to have to change?
- What would be the advantages of making this change?
- What do you think you might do?

Optimism

- What makes you think that if you decide to make a change, you could do it?
- What encourages you that you can change if you want to?
- What do you think would work for you, if you needed to change?
- What personal strengths do you have that will help you succeed?

Source:

TIP 35: Enhancing Motivation for Change in Substance Abuse Treatment
<http://www.ncbi.nlm.nih.gov/books/bv.fcgi?rid=hstat5.chapter.61302>