**Understanding and Guiding Change Talk Questions**

To assist the person with problem recognition:

How has this (coming for vocational services, taking meds) been a problem for you?

How is getting charged causing you problems?

What difficulties has not having a job caused you?

How does not being able to spend your money as you want cause you problems?

In what ways do you think others are concerned by your behavior?

To create concern about behavior:

What do you think will happen if you do not change your behavior?

You mentioned disappointing your mom. How does your disappointing your mom concern you?

What worries you about not being able to control your temper?

How do you see your relationship helping you?

What can you imagine happening if you did go back home?

What concerns do you have about continuing without an income?

To assess reasons and desires to change:

What would be the benefits of (taking your meds, attending meetings, less fighting with your neighbors)?

What makes you want to follow through this time?

What will be the advantages of changing your behavior?

The fact that you are talking to me indicates you are concerned, but how can you be sure you really want to change (i.e , taking meds consistently, stopping use, go to the placement interviews)?

I can see you still feel unsure. What could make you feel surer about this?

To assess ability and planning to change:

What makes you think that this time things will be different?

What is different this time compared with last time?

What will make you think differently about staying in an unhealthy relationship?

How do you know that you will not go back to drinking as soon as you face a crisis?

What do you think will work for you if you decide to try to change?

*Client energy, if handled/harnessed can be directed. We cannot control someone so why proceed with espousing our agenda and goals for them? We do believe if people are moving towards something rather than avoiding something they may be more likely to have real (longer lasting) change. If we can move our questions to reflect success, then the person also starts looking forward rather than floundering in the present or avoidance.*

*Denise Hall Training and Consulting Adapted from Miller/Rollnick Change Talk*

Adpated form MINT