

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 or emotions and behavior?
- > In what ways do you think you or other people have been harmed by your drinking or behavior?
- > In what ways has this been a problem for?
- > How has your use of tranquilizers or your behavior or emotions stopped you from doing what you want to do?

Concern

- > What is there about your drinking or emotions and behavior that you or other people might see as reasons for concern?
- > What worries you about your drug use or emotions and behavior? 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% successful and things worked out exactly as you would like, what would be different?
- > What things make you think you should keep on drinking, behaving or feeling 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?

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?

Source: Miller and Rollnick, 1991 Modified to include dual diagnosis.

Reference:

Table above is modified from Figure 3-5 p.54, Treatment Improvement Protocol Series No. 35 (1999) "Enhancing Motivation for Change in Substance Abuse Treatment", Consensus Panel Chair: William R. Miller, Ph.D. The Center for Substance Abuse Treatment.