

Homework: Practice your tool kit.

Open ended questions

- What role does (smoking/alcohol) play in your life?
- What's important to you about
- What do you know about your condition and how to manage it?
- What support can I give you?
- What information would help you?
- What would you like to know?
- What have you thought of?
- What have you already tried?

Questions to evoke reasons for changing:

- What matters to you?
- How does your health affect what matters to you most?
- Why have you been thinking about changing this behaviour?
- What are the reasons you'd like to make a change?
- What are you hoping to gain from making this change?
- What difference would it make if you did change ...
- How could making this change make your life better?
- How would you feel if you did change?
- What concerns do you have about this behaviour?
- How are the current ways/behaviour not working for you?
- What type of change feels possible?
- How could you make that happen?

Questions to explore barriers/reasons for not changing:

- What barriers are in the way?
- What stops you from changing?
- What does the future look like if you don't change?

- What has to shift in your life in order for you to change?
- How are the current ways/behaviour working for you?

Double sided reflections

On the one hand you... and on the other hand...

- You're really busy with work and exercise is important to you
- You're feeling overwhelmed and you know that getting enough sleep would make a difference
- You're using alcohol to deal with stress and you want to explore more positive options
- On the one hand you're pressed for time and on the other you'd love to fit exercise into your life
- Comfort eating helps in the short-term, and part of you recognises that this may not be a great long-term strategy

Examples of Affirming

Emphasising values

- You really care about being a good role model
- You know what matters to you

Emphasising patient's strengths

- 'You have struggled, but you kept going'
- 'You put your mind to something and you do it!'
- 'You handled yourself well in that situation'
- 'You stuck to your goal even though you hit a roadblock'
- 'You've had a setback, but you are really trying'
- 'Look at the progress you are making'
- 'It took courage to have that conversation'
- 'You've learned to trust yourself'