



Sample Questions to Evoke Self-Motivational Statements

1. 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?

2. 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 do you feel about your gambling?
- △ How much does that concern you?
- △ In what ways does this concern you?
- △ What do you think will happen if you don't make a change?

3. Intention to change

- △ The fact that you're here indicate that at least a 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 that you should keep on drinking the way you have been? And what about the other side? What makes you think that it's time for a change?
- △ What are you thinking about your gambling at this point?
- △ What would be the advantages of making a change?
- △ I can see that you're feeling stuck at the moment. What's going to have to change?

4. Optimism

- △ What makes you think that if you did 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 decided to change?