

Questions that Evoke Self-Motivational Statements

Problem Recognition:

- *What difficulties have you had in relation to your [problem]?*
- *What difficulties has your child had in relation to his/her [problem]?*
- *In what ways has this been a problem for you?*
- *How does your [problem] interfere with who you want to be?*
- *How does your child's [problem] interfere with his/her behavior at [home/school/with other children]?*

Expression of Concern:

- *What about your [problem] causes you concern?*
- *What worries you about your [problem]?*
- *What can you imagine happening to you as a result of your [problem]?*
- *What do you think might happen if your child's [problem] continues?*
- *In what way does all this concern you?*
- *What do you think will happen if you don't make a change?*

Intention to Change:

- *What makes you think you need to do something different?*
- *What would be the advantage to changing your behavior?*
- *What makes you think that it might be good to address your child's [problem] sooner rather than later?*
- *What things make you think you should continue [problem]...and on the other side...what makes you think you should change?*
- *What things make you think that you should hold off treating your child's [problem]...and on the other hand...what makes you think that you should do something?*

Optimism about Change:

- *If you decided to change, what do you think would work for you?*
- *If you decided to address your child's [problem], what do you think would be most helpful?*
- *What makes you think you can change, even if you decided to?*
- *What do you see in yourself in terms of ability that might be encouraging, if you decided to change?*