

## Open-Ended Questions to further the process of change

### To open a session:

- What brought/brings you here today?
- What would you like to do with the time we have today?
- What brought you to call for this appointment (or decide to work on this) now?
- What's been happening since we last met?
- How can we/I help you today?
- Tell me what is going on with your health since we last spoke?

### To explore reasons to change:

- So, what makes you think it might be time for a change?
- Tell me more about when this first began.
- How would you like your life to be?
- Tell me about your goals for your life.
- So how would your life be better if your blood sugar was in better control?
- Tell me about a better future (in regard to the target behavior).
- What do you want to accomplish?
- How do you want others to see you?
- What do you want to say about the life you've lived? How do you see getting there?
- What is the most important reason to do this?
- How would you know things were different?
- What would your life look like if you were successful in making these changes?
- Tell me about a time in your life when you were successful. What did your life look like?
- Tell me about your life before you began to binge.
- Tell me what's hardest for you about having diabetes.
- Let's imagine for a moment that you did..., how would your life be different?

### To focus the session:

- If I could wave a magic wand and help you improve your health, what, if anything, would you choose to change?
- I'm wondering if there is anything about this morning routine that you'd like to change.
- So you want to lose 20 pounds. Let's say that in six months you have achieved this. What would you have done to make it happen?
- What would you like to work towards in the next few weeks?
- Is there anything you'd like to do for your health (or about your blood sugar) in the next week or two?
- Imagine these sessions will work very well for you. What will a typical day look like? In what area of your life will the change will be most significant?
- If you were to (move in a direction of change), what might that look like?

### To elaborate:

- Tell me more about this.
- What was that like?
- What else?
- In what ways?
- Give me an example.
- How do you see this happening?
- How?
- And...?

### To evoke readiness:

- What's different for you this time?
- Tell me how you see this time as compared to the other times you tried to lose weight.
- Is there anything you are ready to do for your health (or about your blood sugar) in the next week or two?

### To ask permission:

- Would it be ok with you if we talked about...?
- Do you mind if we discussed...?
- Might I add some thoughts here?
- Would this be the time for me to fill you in on...?

### To ask for a response to advice:

- What does that sound like to you?
- How might this information effect what you do this week?
- What are your thoughts?
- How might you use this information?

### To evoke efforts and strengths:

- How were you able to not purge for a week?
- What's going well for you with your diabetes now?
- Your last cholesterol level was much better and you don't have to take so much medication now. You are eating less fat and exercising more. What did you do to get to this point?
- What has allowed you to make changes in the past?
- So you lost weight before; how did you do it and what did you learn?

### To ask for action:

- Tell me what you think about all of this.
- What do you see yourself doing now?...this week?
- I'm wondering where you want to go from here.
- I'm wondering how you might be able to do that.
- What's the first step for you?
- How might you go about that?
- What could you do?
- What is possible at this time?

### To strengthen confidence:

- What do you suppose would happen if you tried this out?
- Tell me what made you choose a "4" instead of a "1."
- I'm wondering what could get in your way.
- If you were to decide to look at your week to find a time for exercise, tell me what would make that happen for you, if anything.
- What else?