**Useful Open Questions for Motivational Interviewing:**

What concerns do you (does your family, partner, etc.) have about your ?

How has your caused trouble for you?

What do you think might happen if you (don’t) ?

If you take the class (the job, ect. ), how would that make things better for you?

Tell me more about that.

Who would (or will or could) help you with ?

What worked in the past?

What are some good things about ? What are some not-so good things about ?

How would things be different for you if you made that change?

What would be different in your life when you are no longer ?

What else?

If there were not drugs or alcohol available, what would help you feel the way drugs make you feel?

If you look forward to a year from now, how would you want your life to be different?

How do you want things to end up when you are done with this?

Where do you want to be?

How would that pay off for you if you went ahead and made this change?

What might get in the way of this goal?

How could you address this?

Here are some things we need to talk about today (provide a list). Which of these would you like to talk about first?

How can you make this happen?

On a scale of 1- 10, how important is it for you to change your ?

On a scale of 1-10, how confident are you that you could make this change if you wanted to?

If you decided to make the change, how would you go about it?