

# Motivational Interviewing: *Desire* Questions Worksheet

Asking open-ended questions is one of the most direct ways of evoking change talk during Motivational interviewing and can invite change to happen (Miller & Rollnick, 2013).

The DARN acronym is a useful reminder for four types of speech in preparatory change talk:

- Desire
- Ability
- Reasons
- Need

## ***Desire* questions and answers**

Desire questions typically use words such as *want*, *wish*, and *like*. The replies they generate usually indicate that a person wants something and it is a significant component for change (Miller & Rollnick, 2013):

*I want to change my job.*

*I would like to lose some weight.*

*I hope to pass these exams.*

“Wanting is one component of motivation for change,” says Miller and Rollnick.

The following table explores the reasons for change and captures the answers for later review (modified from Miller & Rollnick, 2013):

| Questions (examples)  | Answers (capture different themes in separate boxes) |
|---|--|
| What are you looking for from these sessions?<br><br>What do you hope our work will accomplish?<br><br>How would you like your life to be in a year's time? |  |
| What do you want from your career?<br><br>What do you want from your marriage?<br><br>How would you like things to change?                                  |  |

| Questions (examples)                                 | Answers (capture different themes in separate boxes) |
|--|--|
| What are you looking for from these sessions?        |  |
| What do you hope our work will accomplish?           |  |
| How would you like your life to be in a year's time? |  |
| What do you want from your career?                   |  |
| What do you want from your marriage?                 |  |
| How would you like things to change?                 |  |
|  |  |
|  |  |

## References

- Miller, W. R., & Rollnick, S. (2013). *Motivational Interviewing: Helping People Change*. New York: Guilford.

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