

# 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?  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?	

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

## References

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

Dr. Jeremy Sutton