

Motivational Interviewing: *Looking Forward* 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).

However, sometimes encouraging change talk can require other approaches.

Looking Forward

You can sometimes successfully elicit change talk by asking your client to imagine how the future could look if changes are made and also if they are not.

The following table asks the client to imagine the future with or without making the changes (modified from Miller & Rollnick, 2013):

Questions (examples)	Answers (capture different themes in separate boxes)
<p>If you make the changes, how do you think the future will be different from the past?</p> <p>Or</p> <p>If you don't make the changes, how do you think the future will differ from the past?</p>	<div style="border: 1px solid #ccc; height: 150px; margin-bottom: 10px;"></div> <div style="border: 1px solid #ccc; height: 150px; margin-bottom: 10px;"></div> <div style="border: 1px solid #ccc; height: 150px;"></div>

Questions (examples)	Answers (capture different themes in separate boxes)
<p>If you make the changes, how do you think the future will be different from the past?</p> <p>Or</p> <p>If you don't make the changes, how do you think the future will differ from the past?</p>	<div style="border: 1px solid #ccc; height: 100%; width: 100%;"></div>

References

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

Dr. Jeremy Sutton