

Motivational Interviewing: Querying Extremes 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.

Querying extremes

If your client shows little desire for change at present, it can be helpful to prompt discussion around what may happen in extreme situations (worst and best):

The following table captures what could happen if no action is taken or if changes are made (modified from Miller & Rollnick, 2013):

Questions (examples)	Answers (capture different themes in separate boxes)
<p>What concerns you most (about your drinking, high blood pressure, etc.)...?</p> <p>If you continue as you are, what are the worst things you can imagine happening?</p> <p>Or</p> <p>If you make that change, what are the best results you can imagine?</p>	
<p>If you succeed, what good changes might happen?</p>	

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<p>What concerns you most (about your drinking, high blood pressure, etc.)...?</p> <p>If you continue as you are, what are the worst things you can imagine happening?</p> <p>Or</p> <p>If you make that change, what are the best results you can imagine?</p> <p>If you succeed, what good changes might happen?</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