

# Eliciting Self Motivational Statements...some examples

- How do you feel about your use of...
- How has your use of THC stopped you from achieving what you want?
- What makes you think you should change?
- If you were 100% successful, what would be different?
- What makes you think you can change?
- What do you think would work for you?

# Decisional Balance

Good Things	Not so G.T.	Good Things	Not so G.T.

Where does that leave you?

# Looking back

Why bought me here ?

# Looking forward

What do you want to be doing?

What would be the barriers to achieving this?

# OARS coding

<b>Counsellor response</b>	<b>Number of times</b>	<b>Examples</b>
Open questions		
Affirmations		
Reflective statements		
Summaries		