

Motivational Interviewing: *Ability* 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

Ability questions and answers

In the ability component of motivation, the person must believe they can change for it to happen. Ability questions ask about what the person *can* or *could* do without them committing (Miller & Rollnick, 2013):

I would like to train to be a doctor (desire), but I don't think I could get the grades (ability).

The following table prompts that change seems possible and captures the answers for later review (modified from Miller & Rollnick, 2013):

Questions (examples)	Answers (capture different themes in separate boxes)
<p>If you really did choose to change jobs, how <i>could</i> you do it?</p> <p>How likely is it that you are <i>able</i> to ...?</p> <p>How <i>confident</i> are you that you could ... if you have your mind made up?</p> <p>What ideas do you have for how you <i>could</i> ...?</p>	

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References

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

Dr. Jeremy Sutton