

Motivational Interviewing: *Looking Back* 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 back

Sometimes it is worth reminding the client what things were like before the problem arose and compare against how things are now.

The following table asks the client to recall how things used to be before difficulties began and what life would be like if it were better again (modified from Miller & Rollnick, 2013):

Questions (examples)	Answers (capture different themes in separate boxes)
<p>What were things like when you first met?</p> <p>What were the differences between you five years ago and now? What has changed?</p> <p>How have these difficulties changed you as a person? How have they stopped you from growing or moving forward?</p>	

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References

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

Dr. Jeremy Sutton