**Think about a bad habit or a behavior problem you have:**

* How would you know if it is a problem for you? What would have to happen?
* What warning signs would let you know if you have a problem?
* Have you tried to change this problem in the past?

**Now, think about what could be different:**

* Why do you want to change right now?
* What would keep you from changing?
* What are the barriers **today** that keep you from changing?
* What might help you overcome whatever holds you back?
* What things (people, programs and/or behaviors) have helped you in the past?
* What do you think you need to learn about so you can change?

Modified from Miller, W.R. & Rollnick, S. (1991). Motivational interviewing: Preparing people to change addictive behavior. New York: Guilford Press (p. 191-202).