

## Engaging Students with Motivational Interviewing

### Sample Questions Designed to Elicit Student Self-Motivational Statements (Change Talk)

#### Problem Recognition

1. What makes you think your drinking (or \_\_\_\_\_) is a problem?
2. In what ways has your drinking (or \_\_\_\_\_) been a problem for you?
3. What difficulties have you experienced due to your drinking (or \_\_\_\_\_)?
4. In what ways do you think you have been harmed by your drinking (or \_\_\_\_\_)?
5. In what ways do you think others have been harmed by your drinking (or \_\_\_\_\_)?
6. How has your drinking (or \_\_\_\_\_) stopped you from doing what you want to do?
- 7.
- 8.
- 9.

#### Concern about the Problem

1. What is there about your drinking (or \_\_\_\_\_) that concerns you?
2. What concerns have others expressed about your drinking (or \_\_\_\_\_)?
3. What worries you about your drinking (or \_\_\_\_\_)?
4. What might happen to you if your drinking (or \_\_\_\_\_) continues just as it is?
5. How much does being mandated to attend education/counseling program concern you?
- 6.
- 7.
- 8.

#### Intention to Change

1. What reasons do you see for making a change in your drinking (or \_\_\_\_\_)?
2. What makes you think you may need to make a change in your drinking (or \_\_\_\_\_)?
3. Does your participation in this education/counseling program show your desire to change?
4. For you to abstain from \_\_\_\_\_(alcohol or moderate your drinking), what would have to be different?
5. You seem to be feeling stuck at the moment; what needs to change?
- 6.
- 7.
- 8.

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### Optimism about Changing

1. What makes you think that if you decided to make a change in your drinking (or \_\_\_\_\_), you could do it?
2. What encourages you to think that you could make a change in your drinking (or \_\_\_\_\_)if you wanted to?
3. If you felt you needed to change your pattern of drinking (or\_\_\_\_),what do you think would work for you?
4. When you have successfully made changes in your drinking (or \_\_\_\_\_) the past, how did you do that?
5. Who in your life can have the greatest impact on helping you change your drinking (or\_\_\_\_\_)?
- 6.
- 7.
- 8.

### Other potentially useful questions to get students to recognize they have a problem, express concern about their drinking or other behavioral problem, state an intention to change, or feel optimistic about changing

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.