

Appendix E4

Forming Good Questions

Adapted from: Rosengren, D. B. (2009). *Building motivational interviewing skills*. New York: The Guilford Press. (Exercise 4.2 page 76-78).

This exercise is designed to help you practice your question forming skills.

So, instead of acting on my urge to acquire things, I went for walks twice this week and thought about what else I could do.

Question A:

Question B:

I don't get what we're supposed to be doing here.

Question A:

Question B:

I love my family, but sometimes they push me to the edge, and then I get angry with them.

Question A:

Question B:

I am really tired of dealing with all this. I just can't do it anymore. Something has to change.

Question A:

Question B:

My problem is my daughter and her constant complaining about my house.

Question A:

Question B:

Here we go again. Same old stuff, just a new version.

Question A:

Question B:

Appendix E5
Forming Good Questions - Sample Responses

1. So, instead of acting on my urge to acquire things, I went for walks twice this week and thought about what else I could do.

A: How did you keep yourself from buying stuff?

B: What was that like—going for a walk instead of searching for new things?

2. I don't get what we're supposed to be doing here.

A: Why do *you* think you're here?

B: What would need to happen for this meeting to be useful for you?

3. I love my family, but sometimes they push me to the edge, and then I get angry with them.

A: How do you feel after one of these episodes when you feel angry with your family?

B: Tell me about a time recently when you got angry with your family.

4. I am really tired of dealing with all this. I just can't do it anymore. Something has to change.

A: What do you think needs to happen next, if this is to change?

B: What have you thought about doing?

5. My problem is my daughter and her constant complaining about my house.

A: What do you think needs to happen for your daughter to stop complaining?

B: Sounds like your family member is unhappy with some things—what about you?

6. Here we go again. Same old stuff, just a new version.

A: If you decided to avoid this pattern playing all the way out, what would you need to do differently?

B: What don't you like about this pattern?