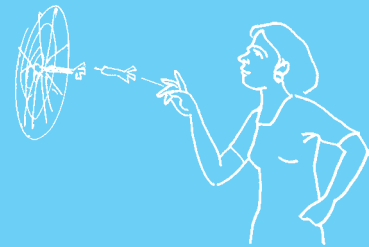


# SKILL SHARPENING TOOLS

## Motivational Statements



### Evoking Self-Motivational Statements

Here are some sample questions to evoke self-motivational statements:

#### Problem recognition

- What is it that has happened which makes you think you have a problem?
- What difficulties have you had in the past because of your drug use?
- In what ways do you think you or your family members have been affected by your drug use?
- What are the problems that affect you?
- Because of your use of drugs, were you at any point of time not able to do what you wanted to do?

#### Concern

- Are you worried about your drug use?
- What causes concern to your family members?
- What do you think will happen if you don't make changes?

#### Intention to change

- The fact that you are here indicates that at least part of you thinks it's time to do something.
- What are the reasons you see for making a change?
- What are the benefits you anticipate if you make a change?

### Recognizing Self-Motivational Statements

Here are some statements that indicate the patient is beginning to be self-motivated:

- *I guess this has been affecting me more than I realized.*
- *Sometimes when I have been using, I just cannot think or concentrate.*
- *One thing is, my health has deteriorated.*
- *I feel terrible about how my drinking has hurt my daughter.*
- *I don't know what to do, but I definitely have to do something.*
- *Tell me what I should do if I take treatment.*
- *I think I could become clean if I decided to.*
- *If I really put my mind to something, I can do it.*
- *I have done it before, I can do it now.*

\*Reference – Miller. W.R. *Enhancing Motivation for Change in Substance Abuse Treatment*. Treatment Improvement Protocol (TIP) Series 35, US Department of Health and Human Services, USA, 1999.