

Practical Guide- abbreviated version

Pre-Contemplation

1. (Express concern) I'm concerned that...
2. (Raise doubts about client behavior) Why do you think that it is important to (name behavior)?
3. (Normalize behavior) Lots of people find it difficult to (name behavior). What are some of the things that get in the way for you?
4. (Provide information) Are there any questions you would like to ask me about (name behavior)?

Contemplation

1. (Normalize ambivalence) Some people don't like to (name behavior), yet they know it is important to do. What makes it difficult for you? What would be a reason to start doing it?
2. (Decisional balance) How much does your family know about your diabetes? How do you think your diabetes affects them?
3. (Examine options) This has to be individualized depending on what the behavior is. Ex. What would you like to do for exercise?
4. (Emphasize client control). With any chronic condition, you are the one in charge. Your health depends on your ability to make the needed changes, in this case (name the behavior).

Preparation

1. (Clarify the client's own goals and strategies for change) Tell me what you are planning to do about (name the behavior). Ask for specifics such as how often, when? how long, etc.
2. (Anticipate problems before they occur) What are some things that could get in the way of achieving your goal?
3. (Lower barriers to change) What do you need to do so that this is not going to get in your way?
4. (Help the client to enlist social support) Who do you need to help you achieve your goal? What do you need from them?

Action

1. (Acknowledge difficulties in the early stages of change) What have you learned about yourself since you began (name the behavior)?
2. (Engage client in treatment) You are in charge of your own treatment. You know what you need to do to make your diabetes better controlled. What has changed for you since you began (name the behavior)?
3. (Identify high risk situations) Since you began (name the behavior), was there ever a time when you just quit doing it? (Indicate this is a normal part of the change process).
4. (Elicit as much detail as needed to help the patient problem solve) Examples: What happened? What were your thoughts? Where were you? How had your routine changed? If this comes up again, how will you deal with it?
5. (Assess strengths and social support) Who helps you to keep up with (name the behavior)? How does that person help you?
6. Is there anyone else whose help you need? What would that help include?

Maintenance

1. (Affirm commitment) When you committed to (name the behavior), you did it for a specific reason. Do you remember what that reason was? Have you discovered other reasons that motivate you now?
2. (Affirm client's resolve and self efficacy) Can you imagine yourself keeping your diabetes under good control? Describe how you will make sure that you maintain good control.
3. (Incorporate positive rewards) How can you celebrate your success in (name the behavior)?
4. (Review long term goals) What do you see as your long term goal related to (name the behavior)?