

Charting a Path to Change

Curiosity is Key

1



What is going well?

Start your session by asking what is going well and what is working. This gives an opportunity to identify patient strengths and those things most important to the patient. It also allows for celebration of successes (big and small) to increase confidence and self-efficacy.

2



What are you struggling with?

This question reveals barriers to change. Have they faced similar barriers in the past? How did they overcome them? Are additional skills or support needed? Listen to the narrative.

3



Tell me more about...

Remember, the patient should talk more than you! Encourage them to elaborate. Details matter even if they are perceived as insignificant. There is always more to the story.

4



What do you think you could do differently?

Encourage your patient to think of one thing they could do differently to support the change they desire. It doesn't have to be grand. Small things can create big change.

5



Chart your path

Choose one behavior to begin your path to change. Be specific. Anchor it to another already established behavior. Celebrate your successes. Reflect and repeat.