

Get a Big Head Start in Reducing Resistance Through Solution Building

WHO

- Who wants you here today?
- Who usually gets you into action, gives you a push?
- Who do you count on for support?
- Who helps you out of trouble?
- Who in your family has solved a drinking problem?
- Who, of the friends you know today, has solved a drinking problem?
- Who will be the first to notice that you are different?
- Who will benefit from the changes you are making?
- Who have you learned most from about life? What did they teach you?

WHAT

- What do you want most?
- What do you want to be different in your life?
- What is working best in your life right now?
- What are your three most valuable assets? How do you use them to your advantage?
- What does (valued person) want you to do?
- What does (valued person) want to see changed?
- What is the minimum amount of change that is acceptable? What difference would it make?
- What will happen if you do not change?
- What will happen when you do make the changes we have talked about?
- What will be the first things that (valued person) will notice to say, “It’s working this time!”?
- What will you do when (valued person) notices these changes?
- What will you do when you get the urge to fall back?
- What is the first small step to take?
- What is it going to take to make the first step?

WHEN

- When must these changes begin?
- When will you take the first step?
- When do you want people to help you?
- When you begin to make these changes, what will be different?
- When do you think we should meet again?

WHERE

- Where will you be when you first notice a difference?
- Where will (valued person) be when she/he first notices a difference in you?
- Where will you be next year if you do not make these changes?
- Where will you be in a year when you do make these changes?
- Where will you be next week after taking the first step?

HOW

- How will you go about making these changes?
- How do you know you can do this?
- How are you treated differently when you are sober?
- How have you made other changes in your life?
- How will you know this time it is the real thing?
- How will you keep yourself on track?
- How will making a few simple changes help?

OTHER

- Is there anything else you want to tell me?
- Is there a question I've forgotten to ask, that you know is important?
- Are there other things in your life that are important that I should know about?
- You've told me how these changes will help you—are there other things you do that are helpful?
- Are you willing to do some homework?