

Open Ended Questions:

Open-ended questions tend to lead clients to respond with more detailed information and more truthful information. While closed-ended questions are sometimes necessary, we want to lean toward a preponderance of open-ended questions when discussing behavior change with clients. This allows us to learn more about the nuances of a client's life, their 'vision', perspective, worldview, values, relationships that matter, ideas about themselves, etc. We then use this information to heighten their awareness about the **discrepancies** in their life.

With open-ended questions, we **evoke** more *change talk* and more awareness from the client about their strengths and abilities, what's at risk with current behavior, what consequences are the result of current behavior, who and what else their current behavior has affected, what the various benefits of behavior change would be.

With open-ended questions, we also allow client's to 'save face' by not locking them into a "yes" or "no" answer, and thereby making it more likely that they'll answer authentically.

Change these closed-ended questions into open-ended questions:

1. <u>Don't</u> you want to stop being grounded by your parents for not following curfew?
2. <u>Don't</u> you want to stop being told by your parents that they don't trust you?
3. <u>Don't</u> you want to stop getting into trouble at school for cutting classes?
4. <u>Don't</u> you want to stop getting into trouble at school for missing days of school?
5. <u>Wouldn't</u> your life be far less complicated without having constant contact with the police?
6. <u>Don't</u> you want your parents to permit you to own a car?
7. <u>Wouldn't</u> you be a far better student if you weren't always getting high?
8. <u>Wouldn't</u> you have a far better chance of receiving an athletic scholarship to college if you weren't always cutting class to hang out with your friends?

9. If you continue to get suspended at school will you be able to enter into the tech school program?
10. Don't you want your parents to permit you to hold a job?
11. Do you know that your criminal history will limit job possibilities in the future?
12. You know that your relationships with your parents would be better if you weren't always fighting with your brother and sister?
13. You know that your criminal history could limit the possibility of obtaining federal financial aid for college?
14. Do you think your relationship with your girlfriend would be better if you weren't always threatening her?
15. Wouldn't you feel better if you weren't always getting high?
16. Wouldn't you have a better relationship with your teachers if you showed them more respect?
17. You know if you don't stop failing to complete your homework assignments you will not be able to graduate this year?
18. Wouldn't you have a more successful future if you stopped having contacts with the police?
19. You know if you keep hanging out with your current friends you will continue to get into trouble?
20. You know if you continue to not tell your parents where you are going when you leave the house they are not going to trust you?