

Useful Questions for Working with Involuntary Clients

1. Whose idea was it that you need to come here?
What is your understanding why you are here?
2. What makes ____ (pressuring person) think that you need to come here?
What does ____ think you need to do differently?
What does ____ think is the reason you have this problem he thinks you have?
3. What would ____ say that, at a minimum, you have to do differently?
What do you have to do to convince ____ that you don't need to come here?
4. When was the last time that you did this (what the client said ____ said needs to be different)?
What was different in your life then?
How did you manage to do this?
What would ____ say s/he noticed different about you then?
5. Suppose you were to decide to do that again, what would be the first small step you would take make it happen again?
How confident are you that you could do that again? (Scales)
What would ____ say the chances are that you will do this again?
6. Suppose you were to decide to do this, what would be different between you and your ____ (important person)?
What would your ____ (important person) say how that will be helpful to him/her?
7. Suppose you were to decide to do this, what other differences would it make in your life?
What would be going on in your life then that is not going on now?
8. How will know when you have done enough?