

## **Useful questions/reflections for exploring importance and confidence**

### Explore Importance

- What would have to happen for it to become much more important for you to change?*
- What would have to happen before you seriously considered changing?*
- You gave yourself a high score on importance...*
- What would need to happen for your importance score to move up from "x" to "y"?*
- What are the good things about drinking? What are some of the less good things about drinking?*
- What concerns do you have about drinking?*
- If you were to change, what would it be like?*
- Where does this leave you now?*

### Explore Confidence

- What would make you more confident about making this change?*
- You have given yourself a high score on confidence?*
- How could you move up higher, so that your score goes from "x" to "y"?*
- How can I help you succeed?*