

Appendix C

Counselor Interview & Reflection Guide

Contracted Change: A Preferred Life

<i>Focus</i>	<i>Intervention</i>
Solution Efforts	<p>Exceptions</p> <p>“When would you say the problem had less influence on you? How do you explain this?”</p> <p>“What is different about you during those times when the problem doesn’t occur or has less influence? What are you doing differently? What advice are you giving yourself? What is happening differently around you?”</p> <p>“What do you do so that you don’t have this problem then? Where did you get the idea to do it differently at those times? Whose idea was it to do it that way?”</p> <p>“Do you think this (problem/struggle) should speak for you, or do you think it would be better for you to speak for yourself? How will others know that this decision is becoming clearer for you?”</p> <p>Unique Outcomes</p> <p>“What do you do to keep the problem at bay when you need to? How were you able to weaken the influence of the problem?”</p> <p>“When does the problem have less influence on you? What is your guess about why?”</p> <p>“Has there ever been a time when the problem might have occurred but didn’t? How were you able to do that then? What was different about you at that time?”</p> <p>“Who is in your corner regarding your efforts to reduce the influence the problem has on you and those around you? What advice might they provide?”</p>

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<i>Focus</i>	<i>Intervention</i>
<p>Miracle, Dream, and Future</p>	<p>The Miracle</p> <p>“Suppose that when you go to sleep tonight, a miracle occurs, and because you were sleeping, you didn’t know it happened. The miracle solved the problem that brought you here. When you wake up in the morning, what clues will you see that lead you to discover that this miracle has taken place?”</p> <p>“What else would be different?”</p> <p>“What would you notice in the advice you give yourself?”</p> <p>“Who would be the first to notice that something had changed?”</p> <p>The Dream</p> <p>“Suppose that tonight while you are sleeping you have a dream. In this dream you discover the answers and resources you need to solve the problem that you are concerned about right now. When you wake up tomorrow, you may or may not remember your dream; however, you do notice that you are different. As you go about your day, how will you know that you discovered or developed skills and resources necessary to solve your problem?”</p> <p>“What else would be different?”</p> <p>“What will be the first small bit of evidence that you did this?”</p> <p>“Who will be the first to notice and what will they see different in you?”</p>
<p>The Road Ahead</p>	<p>The Future</p> <p>“Imagine yourself in the future when the problem is no longer a problem. Tell me where you are, what you are doing and saying, and what others around you are doing and saying.”</p> <p>“What else would be different?”</p> <p>Video Talk</p> <p>“If I were to <i>watch</i> you during the time when a miracle was occurring, what behaviors would I see you doing differently?”</p> <p>“What <i>advice</i> would you be giving yourself (cognitions)?”</p> <p>“What <i>would</i> we see you feeling (emotion)?”</p>
<p>Building a Readiness</p>	<p>Mind Mapping</p> <p>“What is your theory about how you were able to do that as you think about the miracle/future? How do you account for these changes?”</p>

<i>Focus</i>	<i>Intervention</i>
	<p>“What advice will you be giving yourself when the changes you are talking about begin to occur, even just a bit?”</p> <p>“How will you be able to stay on track in spite of all the distractions?”</p> <p>Intention of Change</p> <p>“What will you notice in yourself and those around you as you get more comfortable with ‘idea’ of the changes we talked about today?”</p> <p>Strengths of Change</p> <p>“What is there about you, what strong points that we have discussed or that you know about yourself, that could help you succeed in making this change? Who else knows this and could help in this change?”</p> <p>Hypothetical Change</p> <p>“Suppose that you did succeed and are looking back at the change now. What most likely is it that worked? How did it happen?”</p> <p>“What obstacles were you able to overcome and how?”</p> <p>“Suppose that this one big obstacle weren’t there. If that obstacle were removed, then how might you go about making the change?”</p> <p>“Clearly you are feeling very discouraged about this. Use your imagination. If you were to try again, what might be the best way to try?”</p>