

Appendix D

Counselor Interview & Reflection Guide

Contracted Change: Understanding Goals

<i>Focus</i>	<i>Intervention</i>
Scaling Action Steps	<p>Scaling</p> <p>“On a scale of 1 to 10, with 10 meaning things are completely on track and 1 meaning not at all on track, where would you put yourself today?”</p> <p>“Where would you like to be on the scale . . . what would you settle for? From where you are today, what would be a very first step toward what you would settle for? How would recognize that this was occurring for you?”</p> <p>“When the number on the scale is improved by one point, what will be going in your life, even just a little bit, that is not going on now? What would be a small step indicating to you that you are moving in this direction?”</p> <p>“Of the steps you mentioned, which do you have confidence that you can accomplish between now and the next time we meet? If not right now, which would you be willing to think more about and pay attention to between now and the next time we meet?”</p>
Follow-Up Sessions	<p>Follow-Up Through Scaling</p> <p>“On a scale of 1 to 10, with 10 meaning things are completely on track and 1 meaning not at all on track, where would you put yourself today since the last time we met?”</p> <p>“What is your theory about this?”</p> <p>“Of those differences that appeared helpful for you, what is your guess about how you were able to do this?”</p> <p>“What have you learned about yourself that has contributed to these differences?”</p>

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<i>Focus</i>	<i>Intervention</i>
	<p>Follow-Up Through Change Awareness</p> <p>“What occurred between the last time we met that you would wish to see continue? What do you believe might have been partly responsible for this?”</p> <p>“What personal strengths were you aware of this past week? How do you see these making a difference? What did you need to overcome for this to occur, even just a little bit?”</p> <p>“What is the next step for you?”</p> <p>“Is there anything else you would wish to explore in counseling that might be helpful for you?”</p>