Planning to Plan

Exercise

Question 1:
A 43-year-old man says: “I really feel awful. Last night I got drunk again and I don’t even remember what I did. This morning I found out that the screen of the television is busted and I think I probably did it, but my wife isn’t talking to me. I don’t think I have a problem, you know, because I can go for weeks without drinking.”

1) What would be one question you could ask this patient that would make the patient think you didn’t hear a word they said and might result in push-back from the patient.

2) What would be one question you could ask this patient to get them to hypothetically think about change?

Question 2:
A 43-year-old man says: “I really feel awful. Last night I got drunk again and I don’t even remember what I did. This morning I found out that the screen of the television is busted and I think I probably did it, but my wife isn’t talking to me. I don’t think I have a problem, you know, because I can go for weeks without drinking. But sometimes drinking causes me problems. Somethings gotta give, because this sure sucks.”

1) What would be one question you could ask this patient that would make the patient think you didn’t hear a word they said and might result in push-back from the patient.

2) What would be one question you could ask this patient to get them to hypothetically think about change?

Question 3:
A 43-year-old man says: “I really feel awful. Last night I got drunk again and I don’t even remember what I did. This morning I found out that the screen of the television is busted and I think I probably did it, but my wife isn’t talking to me. This has gone far enough. I think I should go back to AA.”

1) What would be one question you could ask this patient that would make the patient think you didn’t hear a word they said and might result in push-back from the patient.

2) What would be one question you could ask this patient to strengthen commitment language for returning to AA?

3) What would be a question you might ask this patient to start a conversation about returning to AA?