

Motivational Interviewing: Probing/follow-up questions Prompt sheet

This is a prompt sheet for RESTAs to use and is not an activity sheet for completing with young people. You can use some of these questions to follow-up once you have completed a scaling question or activity.

What puts you at that number?

How do you know that you are not a zero/lower number?

What have you done to make sure that you have not slid down the scale?

If you moved one point up the scale, what is the first thing that you would notice?

What have you done to get you at the number you are at?

Who has/will notice you progressing up the scale?

What difference would it make to those closest to you to see you moving up the scale?

What would you notice as the cues you are progressing up the scale?

How would you show that you are progressing up the scale?

What would goals/actions/steps could you take that would move you up to the next number on the scale?