

Session 3—Evaluating, Refining, and Focusing



Most Important Task for this Session:

- Ensure participants have identified their goal and defined it in a 3-month framework.

Agenda

1. Check-in
2. Review the Session 2 At-Home Worksheet—**Think About It —Assessing my Goal**
3. Discuss what small steps participants could take toward their goal
4. Decide long-term (12 months) and short-term (3 months) goals
5. Assign the Session 3 At-Home Worksheet—**Focusing on My Goal**

1. Check-In

Reinforce for bringing the folder back and coming on time. Option to begin with a round robin check-in/icebreaker. **Suggested facilitator dialogue:** “*What was the best thing that happened to you this week?*”

2. Review the Session 2 At-Home Worksheet—Think About It — Assessing My Goal

Facilitator-led activity: Ask participants to get out their Worksheet. Ask participants to share:

1. What areas of their life would be improved if they reached their goal?
2. How long they have been thinking about this goal (days, weeks, months, years)?
3. Have they tried to reach the goal before, and if so, what happened?
4. Who in their life might be in support of this goal?

5. Who will NOT be in support of it?
6. How can family and friends be helpful? How can they hurt progress?
7. What, if any, resources might be useful in reaching this goal?

For any participant that did not complete the Worksheet, walk through the questions and encourage participants to write the answers in-session. Allow conversation and input regarding ideas and responses.

Use MI consistently via open-ended questions, affirmations of strength and self-efficacy, emphasis on **Change Talk**, and Ask-Offer-Ask (**AOA**) (asking what participants know about potential interventions, offering what you know might work, and then asking for feedback) to develop discrepancies in current behavior/beliefs versus desired future outcomes.

3. Discuss What Small Steps Participants Could Take Toward Their Goal

Suggested facilitator dialogue: Discuss with participants *what very small steps* they could begin to take toward their goal. Participants begin to experiment with the smallest incremental step related to their goal (for example, looking on the Internet for websites related to computer classes; asking a friend or roommate what bank they use; looking online for times and locations of 12-Step meetings).



Discuss why we want to have small steps, such as building feelings of success, keeping from getting overwhelmed, and breaking down tasks into steps that are easier to achieve.

4. Decide Long-Term (12 Month) and Short-Term (3 Month) Goals

Facilitator-led activity: Decide together what is the “long-term” (12 month) goal and what is the “short-term” (3 month) goal. Three months is from when we started working together.

What are they going to focus on during the sessions that will move them toward where they want to be one year from now? For example, work on getting a bank

account and saving money, attending three different AA meetings and finding a sponsor, or enrolling in a computer class during the sessions to eventually volunteer at a Rec Center.

MI Skills

If you are hearing some **Change Talk** about why the participant wants to reach the goal, even amid lingering **ambivalence**, then **elaborating** on HOW to change is warranted.

- Collaboratively explore how to change by integrating participant knowledge and preferences with your knowledge of the evidence.
- Use **AOA** (**A**sk what participant knows about potential interventions, **O**ffer what you know might work, and then **A**sk for feedback).
- Use Action **Reflections**: behavioral or cognitive suggestions.
- Use open-ended questions to elicit **Change Talk** about potential intervention targets and small behavioral steps toward their goal. **Change Talk** includes desires, abilities, reasons, needs, and commitment. For example, “*What’s the best thing that could happen if you attended a 12-Step program in your neighborhood and met some new friends?*” or “*Why would you want to consider applying for a job?*”
- Be sure to amplify every statement of **Change Talk** through query, reflection, or summary.

5. At-Home Practice



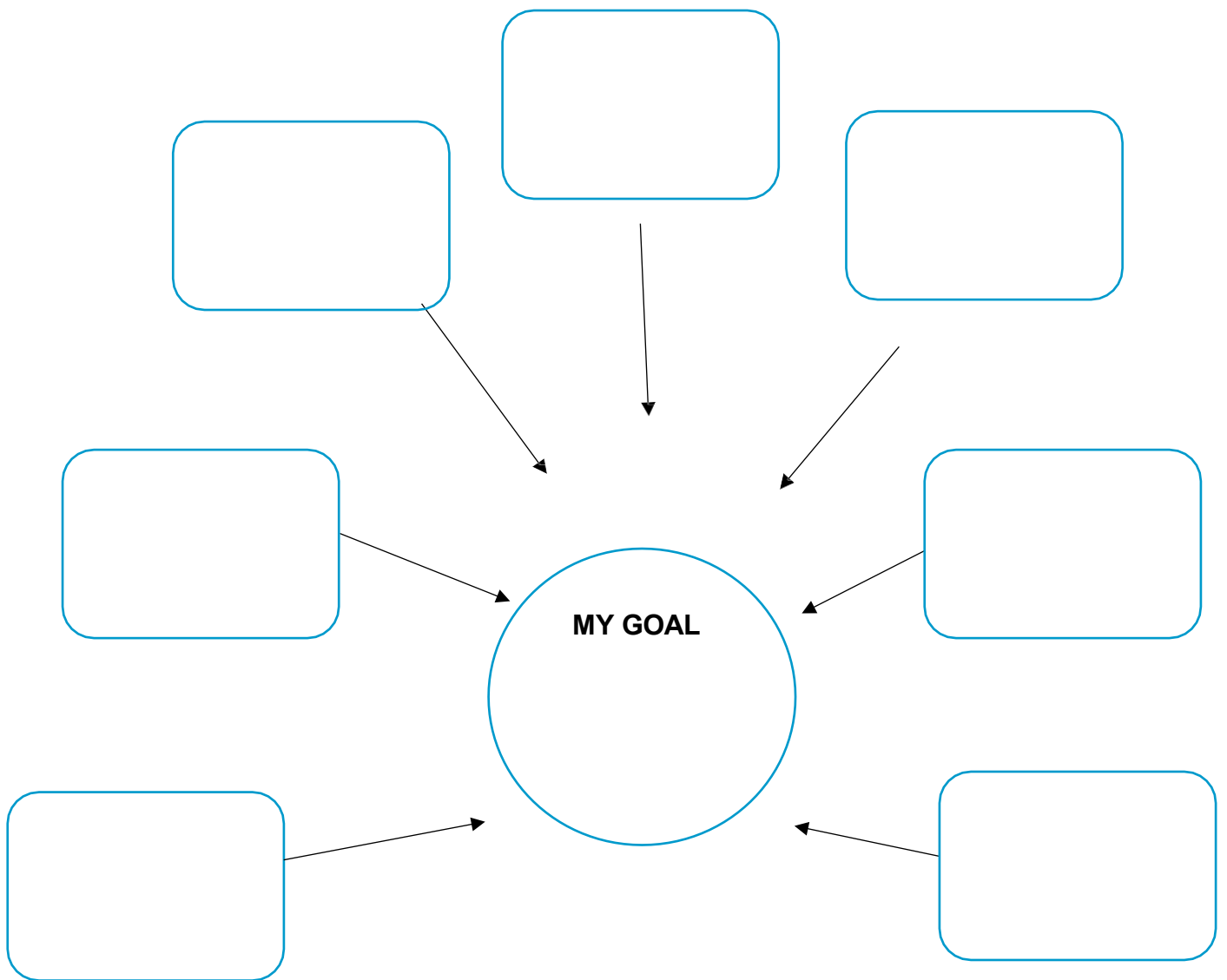
Complete the Session 3 At-Home Worksheet—**Focusing on My Goal**. (Consider reviewing the example Worksheet below in-session to help prepare them for their homework.)

**Session 3 At-Home Worksheet—
Focusing on My Goal**

Name: _____

Date: _____

Write your 3-month goal in the center. Add the small steps you might take toward reaching your goal in each of the boxes branching out from your goal. You can make the diagram as detailed as you want. We will discuss the steps in more detail during our next session; however, think about what might be a good starting point.



Session 3 At-Home Worksheet Example—Focusing on My Goal

Write your 3-month goal in the center. Add the small steps you might take toward reaching your goal in each of the boxes branching out from your goal. You can make the diagram as detailed as you want. We will discuss the steps in more detail during our next session; however, think about what might be a good starting point.

