

Session 6—Garnering Support & Identifying Personal Strengths



Most Important Tasks for this Session:

- By the end of this session, participants should have identified one or two support people for their goal and some personal strengths.

Agenda

1. Check-in and homework review
2. Activity: Role play—garnering support
3. Activity: Identify personal strengths
4. Assign Session 6 At-Home Worksheet—**Sharing My Goal with Someone Else** and/or **Weekly Goal Guide**

Note to facilitator: There are two activities in this session: (1) garnering support and (2) identifying personal strengths. Emphasize the activity most relevant to participants. It is fine to do both parts of the session if time permits.

1. Check-In

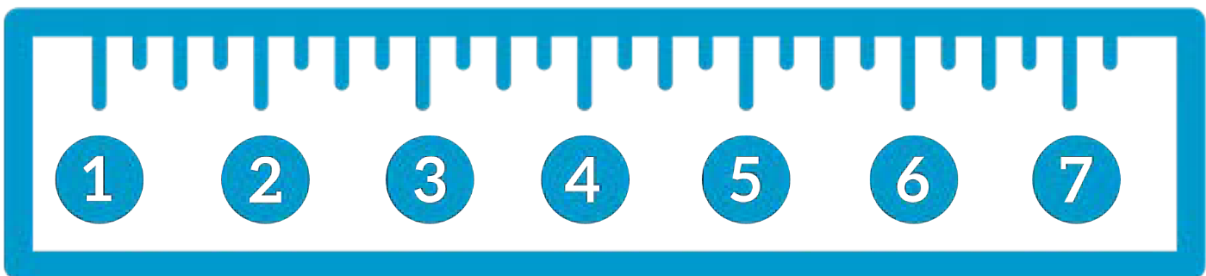
- Write/share the agenda on the board or shared screen; write/share the following check-in questions on the board or shared screen.
- Reinforce for arriving on time and bringing back the folder.

Check-in Questions

Ask participants to answer the four questions. Spend time discussing if homework is not complete or the folder has been lost. Reinforce for all attempts.

1. What is your long-term goal (where would you like to be one year from now)?
2. What is your 3-month goal?
3. Can you please share your At-Home Worksheet—**Weekly Goal Guide** (what you assigned for yourself and what you completed)?
4. “What is your **Motivation Rating** and **Importance Rating** today on a scale of 1 to 7?” (Scale 1; “Not at all motivated” – 7; “Extremely motivated”)

Motivational Rating on a Scale of 1-7



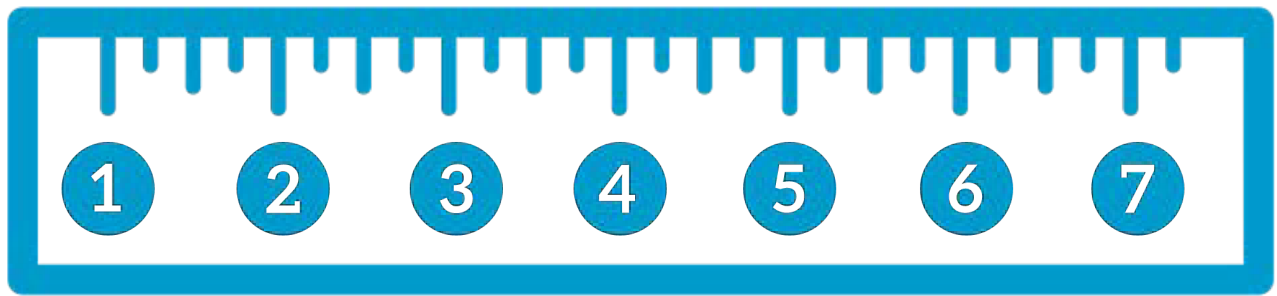
Not at all motivated

Somewhat motivated

Extremely motivated

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.” (Further the **Change Talk**.)

Importance Ruler



Not at all important

Somewhat important

Extremely important

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number.”

3. Role-Play—Garnering Support

Facilitator-led activity: Based off the At-Home Worksheet participants completed following Session 2—**Think About It, Assessing My Goal**, discuss who in the person’s life would be most supportive and what benefits they might experience if they talk to them about their goal. Help them clarify exactly how the support person could aid them in their progress.

Use MI to ensure participants see a benefit to sharing their goal with someone (significant other, relative, friend, sponsor, doctor, case worker, or neighbor).

Introduce the idea that it might be useful to role-play to practice talking to support persons about the goal and asking for help.

Steps for the Role Play



1. Clarify the identity of the support person and how the support person can help the participant meet their goal.
2. The facilitator models the part of participant and the participant models the part of the support person.

Using clear nonverbal and verbal communication, the facilitator informs the support person about the goal and the request for assistance.
3. The facilitator asks the participant to reflect on what was useful. Switch parts.
4. The facilitator asks the participant to play themselves while the therapist plays the potential support person.
5. The facilitator provides feedback on what participant did well in this role play before pointing out areas for improvement. Brainstorm different responses the support person might give and use MI to help participant prepare thoughts/actions in response. Practice again if needed.

4. Identify Personal Strengths

Note to facilitator: Be prepared for this session by remembering things participants have accomplished that you can use for the identification of strengths to promote self-efficacy. Bring the [list of strengths from Session 2](#) and be prepared to help participants identify a few that relate to the current goal.

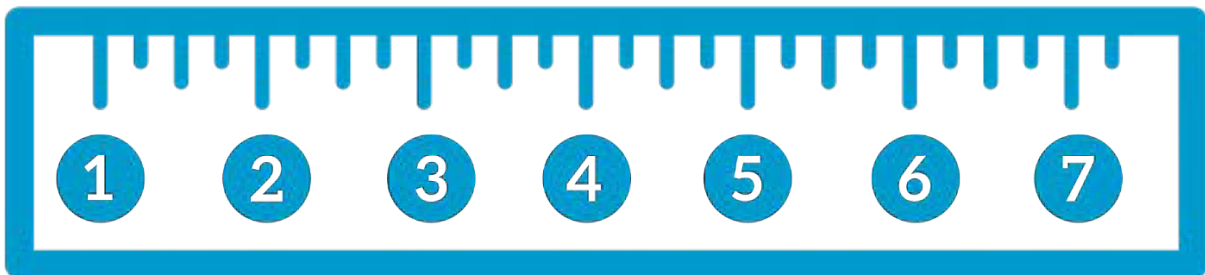
There are several types of questions that support participants' self-efficacy. One type uses encouraging stories regarding past successes directly related to the goal at hand.

Suggested dialogue for facilitators: “Look at the Worksheet, **Personal Strengths**, from Session 2. Look at the strengths you identified. How can you use those strengths to make progress on your goal? Are there any other strengths from this list that will help you with your goal?” Ask what other people say about the person’s strengths or good qualities.

Facilitators may also explore other challenges and use the strengths elicited in an affirming reflection: “You mentioned you managed to keep the job even though nobody helped you with transportation. How did you overcome this challenge?”

Facilitator-led activity: Use the **Confidence Ruler** to rate participants’ ability to achieve their goal. Draw the ruler on the board or present it on the shared screen, after the discussion of personal strengths.

Confidence Ruler



Not at all confident

Somewhat confident

Extremely confident

Suggested facilitator dialogue: “You chose a _____. List three reasons why you chose this and not a lower number. What would it take to get you to a higher number (or to stay at 10 if you are already there)?”

5. At-Home Practice



1. Hand out the Session 6 At-Home Worksheet—**Sharing My Goal with Someone in My Life.**
2. Ask participants to complete the questions and then go through the action of sharing the goal and writing down the response.
3. Hand out the At-Home Worksheet—**Weekly Goal Guide.**
4. Collaboratively fill it out to identify the two small steps participants will take during the week as initial steps towards the goal. Include talking to a support person, if relevant.

Session 6 At-Home Worksheet—
Sharing My Goal with Someone in My Life

Name: _____

Date: _____

Checkmark the person that you will talk to about your goal:

Psychiatrist Therapist Other doctor

Family member Friend Neighbor Case worker

Other:

Before you talk to the person, answer the following questions:

The specific goal I will talk about is:

What is the goal for 3 months from now?

What are the specific steps I need to take to reach the goal:

How long have you been thinking about this goal? (Check one)

Days Weeks Months Years

Have you tried to reach this goal before? Yes No If yes, what happened?

Sharing My Goal with Someone in My Life, continued.

What ways can the person help you reach the goal (be specific)?

When will you talk about your goal (be specific with a day and time):

After you talk to the person, answer the following questions:

What did your support person say when you told them your goal?

Do you feel more motivated or less motivated towards your goal after sharing it? (Check one) More Less

Do you think your doctor/family member will be helpful or hurtful in your progress toward your goal? (Check one) Helpful Hurtful

How?