



## Open-Ended Questions

Open-ended questions are ones that keep the conversation going, not ones with a yes or no answer. The possibilities are endless. Here are a few ideas to get you started:

- What's been happening since we last met?
- So, what makes you think it might be time for a change?
- Tell me about your early experiences.
- How have your friends reacted to your coming here?
- What brought/brings you here today?
- What happens when you behave that way?
- How were you able to be sober for a week?!
- How can I help you feel safer?
- How can we/I help you today?
- Tell me more about when this first began.
- Tell me about the time when the abuse began.
- What's different for you this time?
- Tell me more about this.
- What questions could I ask?
- What else?
- Such as?
- Tell me more about that feeling.
- What was that like?
- How did you feel about that/him/her/etc?
- What's different about this time? What's different for you on/about the weekends?
- What did you first think about this problem?
- How would you like your life to be?
- Tell me about your goals in your life.
- Tell me what you think about all of this.
- What would you like to do now?
- How would you know things were different?
- What would your life look like if you were successful in making these changes?
- Tell me about a time in your life when you were successful. What did your life look like?
- Tell me about your life before you began to use chemicals.