

## Useful Questions for the Clinician Using Guided Self-Help

Sometimes patients struggle to write things about their thoughts, feelings and behaviour, especially early on when their habits of self-criticism (“I will make a mess of things like I always do” or “I am no good at this kind of thing”) or fear of being shown up (“They will think I am an idiot when they read this” or “my spelling is awful – I can’t show them this”) are still ruling the roost.



Asking open-ended questions invites people to open up and tells them that you are interested without wanting to take charge – responsibility for change lies with the patient, not you.

Here are some useful questions that we use – hopefully you already have some useful questions of your own that you can add:

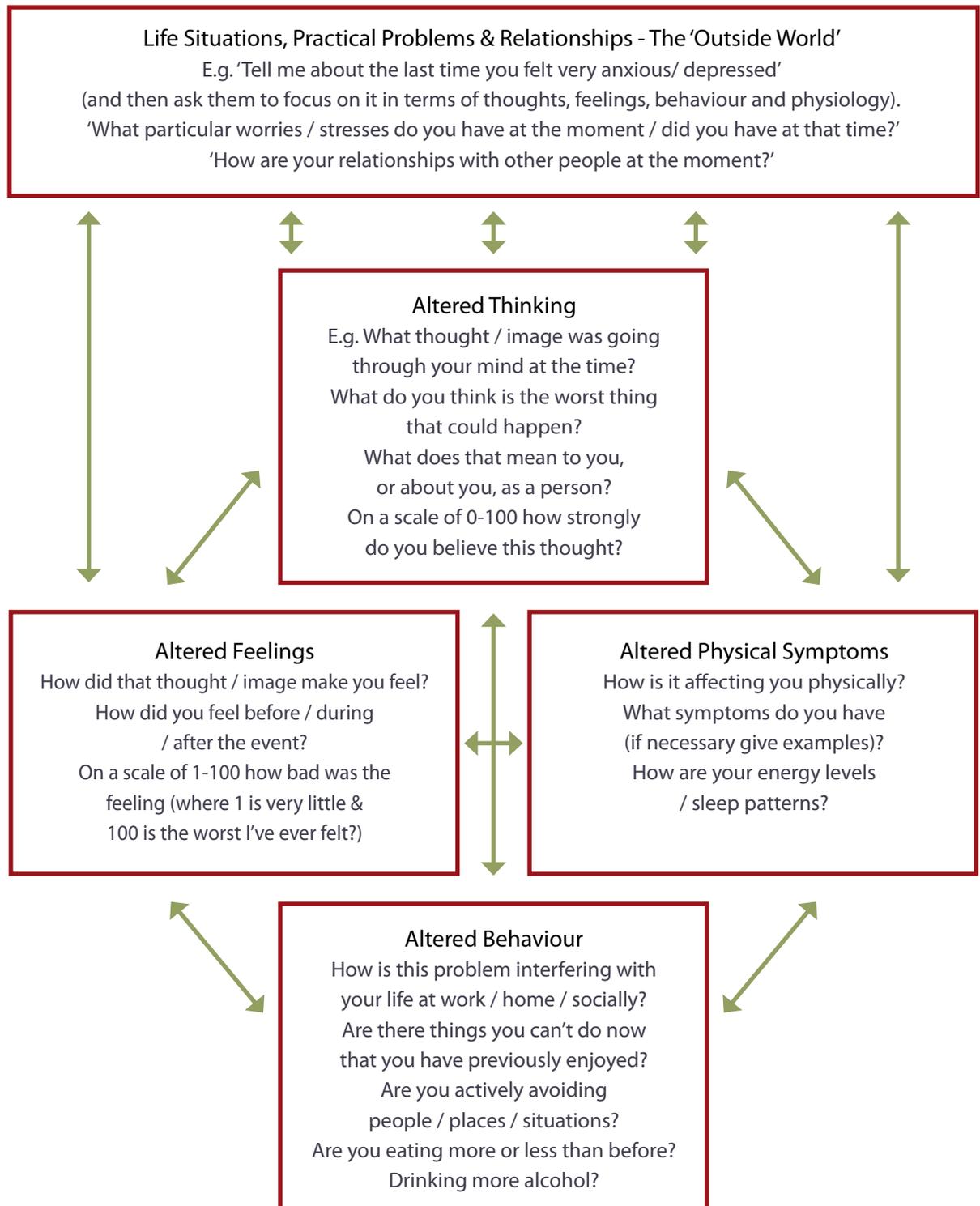
- > “What is your initial reaction to the idea of using self-help?”
- > “Have you used any self-help materials before? (Eg for smoking, weight, diabetes etc) – If so, were they useful?”
- > “Has anyone you know used this approach?”
- > “Have you ever been in similar circumstances before? What did you do? How did that turn out?”
- > “What do you know now that you didn’t know then?”
- > “What advice would you give to a friend in a similar situation?”
- > “What have you got going for you at the moment?”
- > “Is there anything you do that helps you feel better, even if it’s only for a while?”
- > “Who is helping you at the moment apart from me?”
- > “Have you got the time / energy / inclination to work on this at home at present?”
- > “What have you done in the past that might help you now?”
- > “Is there anything that you can change right now? Something small to begin with?”
- >
- >

*Overleaf is a 5 areas diagram with some useful questions relating to each of the 5 areas boxes...*



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Contd.



### The 'Five Areas' Assessment Model – Useful Questions

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