

Contextual Interview Questions*

Life Context: Love, Work, Play and Health

Love	<p>Where do you live? With whom? How long have you been there? Are things okay at your home? Do you have loving relationships with your family or friends?</p>
Work	<p>Do you work? Study? If yes, what is your work? Do you enjoy it? If not working, are you looking for work? If not working and not looking for a job, how do you support yourself?</p>
Play	<p>What do you do for fun? For relaxation? For connecting with people in your neighborhood or community?</p>
Health	<p>Do you use tobacco products, alcohol, illegal drugs, social media? Do you exercise on a regular basis for your health? Do you eat well? Sleep well?</p>

Problem Context: The Three T's

Time	<p>When did this start? How often does it happen? What happens before / after the problem? Why do you think it is a problem now?</p>
Trigger	<p>Is there anything--a situation or a person--that seems to set it off?</p>
Trajectory	<p>What's this problem been like over time? Have there been times when it was less of a concern? More of a concern? And recently . . . getting worse, better?</p>
Workability Question	<p>What have you tried (to address the problem)? How has that worked in the short run? In the long run or in the sense of being consistent with what really matters to you?</p>

*Adapted from Robinson, Gould, & Strosahl, 2010.