

The “Relate the Problem to Values” Worksheet

Experiment with using one or more of these questions to assist the patient with seeing a relationship between the problem and values that are important to the patient at this time.

1. Tell me more about why it is important for you to find a new way to address this problem now.
2. In a world where anything is possible, what would you do about this problem?
3. If you could make this problem go away, but it cost you the ability to care about problems like this, would you make it go away?
4. If you didn't have x as a value, would this problem matter to you?
5. What does your heart say about this problem?
6. What happens in your body now when we are talking about this?

Consider patient answers to questions asked and conceptualize a plan that would be engaging for the patient.

Are there skills that you could teach the patient during the visit to strengthen the patient's ability to implement the plan?