My reasons for change

Write down your own reasons for making this change.

Name _____ Date _____

The change I am thinking about

Why would I want to make this change?

If I decided to, how would I go about it? What would I do first?

My three best reasons for doing it

How important is it to me, and why?

What will my life be like in a year if nothing changes?

What will it be like if I do make the change?

So, what do I think I will do?

Read your answers back out loud. Hearing your own reasons in your own voice matters more than hearing them from anyone else.

Based on Motivational Interviewing, developed by William Miller and Stephen Rollnick.

© 2026 Patrick O'Hare Therapy · patrickoharetherapy.com
This handout supports your therapy. It does not replace professional advice.