

Questions for change talk

Desire	Ability	Reasons	Need
How would you like things to be different?	What do you think you might be able to differently when you feel suicidal?	What concerns have your friends/family raised to you about this?	How important is it for you to....?
What makes you want to do this now?	If you did decide to talk to this person, what makes you think you could do it?	What have your mental health symptoms cost you?	How serious or urgent is this to you?
What would you enjoy about that?	On a scale of 1-10, how likely are you to follow this plan/do this coping skill/tell this person?	What concerns you about your...	What do you think has to change in order to feel better?
Tell me what you don't like about how things are now.	How have you managed this before?	What might be some good things if you no longer felt suicidal?	Complete the sentence: I really have to....