

From: Real Behavior Change in Primary Care: Improving Patient Outcomes and Increasing Job Satisfaction by Patricia J. Robinson, Ph.D., Debra A. Gould, MD, MPH, and Kirk D. Strosahl, Ph.D.

Love, Work, Play, and Health Questions

<p style="text-align: center;">LOVE</p> <ul style="list-style-type: none"> - 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 style="text-align: center;">WORK</p> <ul style="list-style-type: none"> - 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 style="text-align: center;">PLAY</p> <ul style="list-style-type: none"> - What do you do for fun? - For relaxation? - For connecting with people in your neighborhood or community? 	<p style="text-align: center;">HEALTH</p> <ul style="list-style-type: none"> - Do you use tobacco products, alcohol, illegal drugs? - Do you exercise on a regular basis for your health? - Do you eat well? Sleep well?

The Three T’s Questions

TIME

- When did this start?
- How often does it happen?
- What happens before/after the problem?
- Why do you think it is a problem now?

TRIGGER

- Are there times or places when the problem is more likely to occur?
- Is there anything or anyone that seems to set it off?

TRAJECTORY

- 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?

Workability Question

- 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?