

A conversation that keeps the door open

Use these prompts on your own, or together if everyone agrees. Choose what is relevant now. You do not need agreement on every goal to discuss support and safety.

Date / period: _____

Safety first. If dependence is possible, seek medical advice before stopping suddenly or making a large reduction. Do not alter prescribed treatment because of this guide. Call 000 for a seizure, severe confusion, unconsciousness, abnormal breathing or immediate danger. Urgent care must not wait for readiness to change. In Victoria, DirectLine offers counselling and referral on 1800 888 236, including support for families.

1. What matters to me now?

Name a concern, priority or thing worth protecting.

2. What pulls me in different directions?

Include hopes, worries and what change might cost.

3. What would help me understand my options?

Choose a question or information you would welcome.

4. What could reduce a risk now?

Choose a practical precaution or a person to ask for advice.

5. How can we keep in touch?

Agree on a next conversation, if wanted, and how to get help.

What feels possible now, and what would make it easier to return for help?

Complete privately. Keep your notes secure and share only with people you choose. This original discussion aid is not a diagnostic test or a treatment plan.

Guide, sources and accessible HTML: <https://www.dreric.net/practice-resources/when-someone-is-not-ready-for-change/>