

# SOARS CHEAT SHEET

## Questions to help set/narrow goals:

- What would you like to be different?
- What, if anything, would you like to work on?
- Based on what we talked about today, what would you consider a personal goal?
- What specifically would you like to see change?
- What would you like to have more of? Less of?
- What do you see as the first change?

## Questions to help sort options:

- How might you go about doing this?
- What have you considered doing?
- What's worked for you before?
- What have you heard other people do?
- Techniques (E.P.E./Offer a Concern, Suggest an Experiment)

## Questions to help arrive at a plan:

- What will you do first?
- What specific steps will need to be taken?
- What's your plan?
- How will you know when it's time to implement this strategy?
- Who might support you in this process?
- What might get in the way?

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## Reaffirm & Strengthen Commitment

- What is your action plan?
- Tell me about your action plan...
- What do you think might get in your way?
- How will you handle any obstacles (if...then)?

## Supporting Change

### No Signs Of Commitment

#### Set The Alarm

- When could you see this changing?
- What would you need to change for it to feel like now is the time?
- What things will you watch for to know when that time has come?

#### Check Back

- Where is your thinking now about this decision?

### Signs of Commitment

#### Use 4 Rs

1. **REPLANNING:** How can we modify your plan?
2. **REMINDING:**  
Call to mind reasons for making a change: Why don't we review where you are and some of the considerations that led you here?  
As challenges arise: I wonder if the plan you articulated back then might be helpful to you now. What do you think?
3. **REFOCUSING:** I'm wondering where you are with this goal now?
4. **REENGAGING:**  
Signs of disengagement: It seems like something has shifted for you. I'm wondering what you have noticed?  
Simply reach out: I wanted to check in – how are things going for you?