



Training and Development Services
Behavioural Health Training

Examples of Person Focused Questions

- 'What is the one thing you fear most about having diabetes?'
- 'Tell me what you already know about how NRT works?'
- 'When is the easiest time of the day for you to exercise?'
- 'Tell me more about this....'
- 'What's the one thing causing you the most stress at the moment?'
- 'If you could change one thing in your life at the moment what would that be?'
- 'When you are in your workplace how easy is it not to have a cigarette?'
- 'What do you most enjoy about the pokie machines?'
- 'How does it make you feel when people suggest you should lose weight?'
- 'What isn't so great about drinking alcohol / taking other drugs?'
- 'What do you dislike most about taking medication?'
- 'Why do you think you feel more breathless after using your inhaler?'
- 'What is the main thing that triggers your sadness?'