

# Sample Script for Steps 1-3



**For use when there are defined lifestyle and treatment categories that are known to help a client's condition/s.**

1. What do you already know about managing your health condition/s? [checking knowledge]
2. From what we have discussed [possibly including clinical indicators, health conditions, diagnosis on a referral etc.], these are your treatment choices:
  - a. ....
  - b. ....
  - c. ....
3. This is what I would recommend....[if there is something that would clearly be more beneficial than the other categories], because...[explain rationale]
4. There are also some lifestyle changes that would be beneficial for you to work on. These are:
  - a. ....
  - b. ....
  - c. ....

because...[explain rationale and include reference to client's current lifestyle factors in relation to recommended targets].

5. If you need to explain what the treatment categories or recommended category/ies involve:
  - This is roughly what you would need to do,....
6. Prioritizing and choosing a category:
  - What do you think of all that?
  - What are you already doing to manage your health?
  - What do you think you would get the most benefit from working on? Would you like to start with that?
7. Asking RICK:
  - If you were to do this, what benefits do you think that you personally might get from it? How would it impact on your quality of life or other things that are important to you? [checking importance]
  - Is this something that you feel confident that you could do, given everything else going on in your life right now? [checking confidence]
  - Are you happy to work on a plan for how you might do this? [checking readiness if necessary and getting permission to go below the decision line]
  - Is there anything that you would like to clarify or get more information about? Are you comfortable that you understand the reasons why taking this action will help you? [checking knowledge]