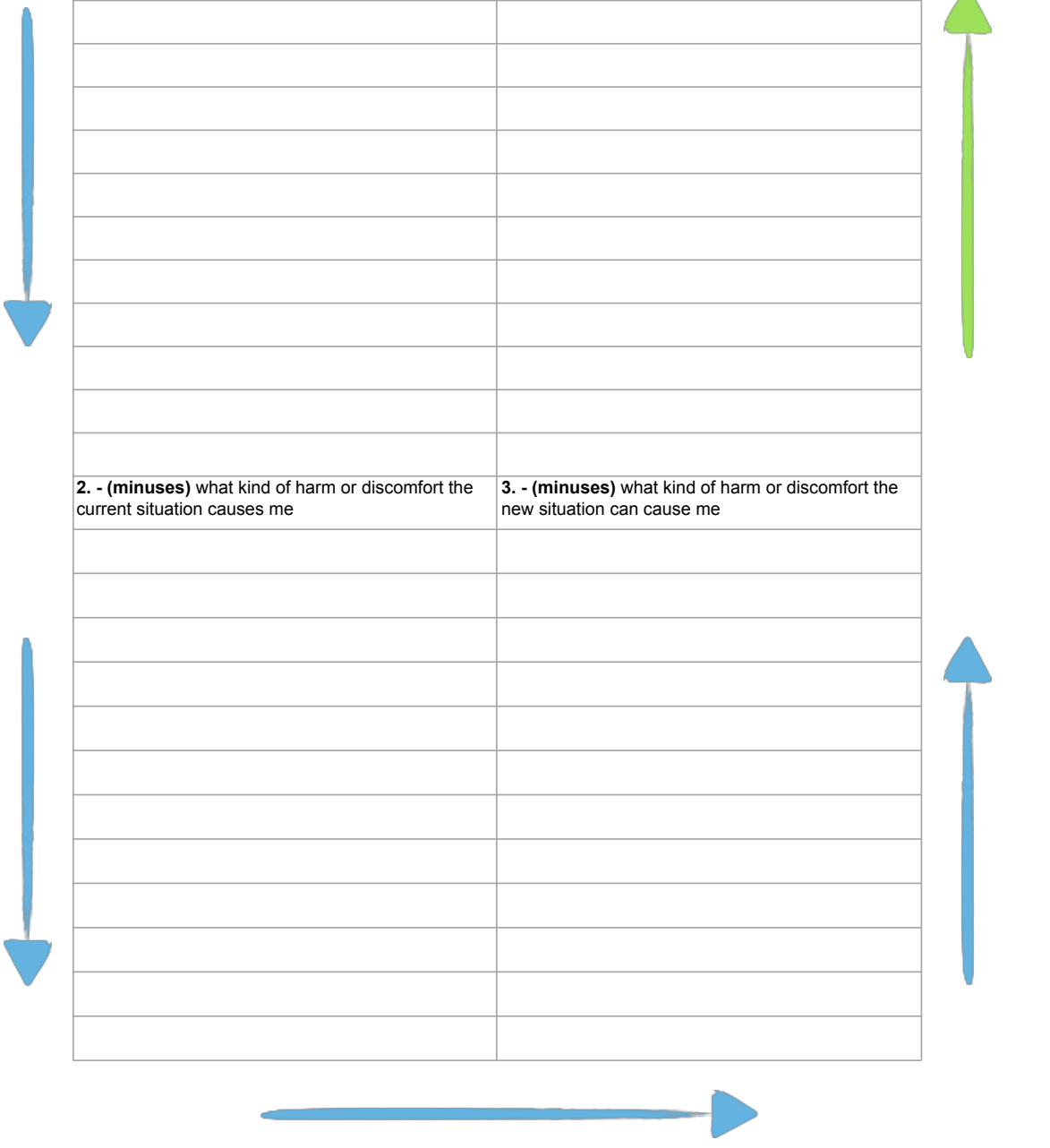
MOTIVATION WINDOW
(Source: EMITA ja MINT - Motivational Interviewing Network of Trainers)

Follow the arrows and numbers in the queue when answering.
At the end, you can, if necessary, to return to the no 3, and analyse can these minuses be overcome?
Try to make changes within 2 weeks!

CURRENT SITUATION - what I would like to change	**NEW SITUATION - what I want or wish**
1. + (pluses) what I like or what is the benefit of the current situation	**4. + (pluses)** what I like or what is the benefit of the new situation
2. - (minuses) what kind of harm or discomfort the current situation causes me	**3. - (minuses)** what kind of harm or discomfort the new situation can cause me



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