

Supported Employment Stages of Change and Motivational Strategies

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Think Differently Today



Our Experiences with Change

Some things you might want to change:

- Being told what to do
- Smoking cigarettes
- Financial situation
- Feeling anxious
- Feeling unsafe
- Relationships
- Employment
- Residence
- Unhealthy habits
- Feeling overwhelmed
- Substance use
- Spiritual practices

Some things people you work with might want to change:

- Being told what to do
- Smoking cigarettes
- Financial situation
- Feeling anxious
- Feeling unsafe
- Relationships
- Employment
- Residence
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Motivational Interviewing & Motivational Strategies