Conduct a Motivational Interview with Yourself

Carefully choose one particular overshopping behavior you'd like to change in the coming week – for example, "I will only spend ½ hour on Instagram for each of the next seven days." Make sure it's a small enough change that, if sufficiently motivated, you could make that change. Now, answer the following questions. (You might want to make copies of this page and interview yourself regularly about changes you want to make.)

1. What's the change you want to make in the coming week?

2. On a 0-10 scale (0=totally unimportant, 10=essential), how important is it to you to make this change – for example, to actually *spend less time on Instagram this week*?

3. Why are you at this number and not a "0"?

4. How might you go about making this change? What would be a good first step?

6. What obstacles do you see and how might you deal with them?

7. Now how confident (0-10) are you that you can make this change this week?

9. What gives you that level of confidence?