



# PROMOTING HOUSING STABILITY



## Exploring Motivation to Change with Residents

*It's not just about behavior.*

Stable housing gives people a foundation to succeed in recovery from mental illness and addiction. There are many issues that might challenge someone's housing stability (e.g., symptoms, interpersonal conflicts, hoarding, not following rules). The way you respond to and interact with residents can positively influence their future success.

### REMIND ME

Use the back of this card to build self-awareness about your attitudes, thoughts, and communication style as you conduct your work. Keep your attention centered on the people you serve. Encourage their motivation to change.



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- 1.** ✓ Do I pause and notice my reaction to this person and situation?  
✗ Or am I letting my emotions get the best of me?
- 2.** ✓ Do I think about this person's thoughts and feelings?  
✗ Or am I just focusing on his/her behavior?
- 3.** ✓ Do I stay curious and try to understand where the person is coming from?  
✗ Or am I making my own meaning?
- 4.** ✓ Do I listen and genuinely try to understand the person.  
✗ Or am I just waiting for a chance to restate my position?
- 5.** ✓ Do I consider what stage of change this person is in?  
✗ Or am I just telling him/her what I want?
- 6.** ✓ Do I adjust my perspective and meet the person where he/she is?  
✗ Or am I staying focused on my own feelings or experiences of the situation?
- 7.** ✓ Do I explore the other person's thoughts and exchange ideas about what to do next?  
✗ Or am I stuck on my own ideas?
- 8.** ✓ Do I remain open about how we might move forward together? Do I consider next steps that *each of us* can take?  
✗ Or am I insisting that my way is the only way?
- 9.** ✓ Do I recognize small steps as progress and acknowledge that change is hard?  
✗ Or am I expecting a big change or full resolution right away?