

Contextual Interview

Life Context: Love, Work, Play and Health

Love	<p>Where do you live?</p> <p>With whom?</p> <p>How long have you been there?</p> <p>Are things okay at your home?</p> <p>Do you have loving relationships with your family or friends?</p>
Work	<p>Do you work? Study?</p> <p>If yes, what is your work?</p> <p>Do you enjoy it?</p> <p>If not working, are you looking for work?</p> <p>If not working and not looking for a job, how do you support yourself?</p>
Play	<p>What do you do for fun?</p> <p>For relaxation?</p> <p>For connecting with people in your neighborhood or community?</p>
Health	<p>Do you use tobacco products, alcohol, illegal drugs?</p> <p>Do you exercise on a regular basis for your health?</p> <p>Do you eat well? Sleep well?</p>

Problem Context: The Three T's

Time	<p>When did this start? How often does it happen?</p> <p>What happens before/after the problem?</p> <p>Why do you think it is a problem now?</p>
Trigger	<p>Is there anything--a situation or a person--that seems to set it off?</p>
Trajectory	<p>What's this problem been like over time?</p> <p>Have there been times when it was less/more of a concern?</p> <p>And recently . . . getting worse/better?</p>
Workability Question	<p>What have you tried (to address the problem)?</p> <p>How has that worked in the short run?</p> <p>How has that worked in the long run, or in the sense of being consistent with what really matters to you?</p>