

# In the moment...

**A. 1 Target Behavior: Drinking**

“I’m not sure I’m concerned about it, but I do wonder sometimes if I’m drinking too much.”

**B. 1 Target Behavior: Weight Management**

“I’ve tried losing weight more times than I can remember.”

**C. 1 Target Behavior: Parenting**

“I don’t want my daughter to have the same kind of life I’ve had.”

**D. 1 Target Behavior: Work**

“I’m in too much pain to even think about working.”

A. 2

“It’s not like it’s really serious, but sometimes when I wake up in the morning I feel really awful, and I can’t think straight most of the morning.”

B. 2

“When I’m trying to lose weight I get terribly crabby.”

C. 2

“I’m a wreck as a mother.”

D. 2

“Without my disability check, I’d be living on the streets.”

A. 3

“Yeah—even when I’m not drinking, sometimes I mix things up, and I wonder about that.”

B. 3

“Thinking about losing weight is easy. Doing it is another story.”

C. 3

“I have no money. I’m on probation. We live in a cheap motel. I don’t know what to do.”

D. 3

“There’s a big part of me that would like to be working and contributing again, but it’s just not possible right now.”

A. 4

“I wonder, maybe, if alcohol’s pickling my brain, or something.”

B. 4

“I should do it for my kids.”

C. 4

“I try taking care of my daughter better than I take care of myself.”

D. 4

“You probably think I’m lazy and unmotivated, but that’s the farthest thing from the truth”

A. 5

”But I don’t think I’m an alcoholic or anything.”

B. 5

“I’m thinking about trying out some those weight loss pills I saw on TV. I have nothing to lose.”

C. 5

“I need to find a real job. Maybe go back to school.”

D. 5

“I’m not going to be on disability forever. With time, things are going to change.”

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| <p><b>A. 6 Target Behavior: Drinking</b></p><br><br><br><br><br><br><br><br><br><br><p>Key Transition Question:</p>          | <p>Transitional Summary</p> |
| <p><b>B. 6 Target Behavior: Weight Management</b></p><br><br><br><br><br><br><br><br><br><br><p>Key Transition Question:</p> | <p>Transitional Summary</p> |
| <p><b>C. 6 Target Behavior: Parenting</b></p><br><br><br><br><br><br><br><br><br><br><p>Key Transition Question:</p>         | <p>Transitional Summary</p> |
| <p><b>D. 6 Target Behavior: Work</b></p><br><br><br><br><br><br><br><br><br><br><p>Key Transition Question:</p>              | <p>Transitional Summary</p> |