**Using DARN Questions to Understand the Problem and Set the Frame**

Early in Therapy, use Open Questions to elicit the client’s description of the problem and to check whether they share your assumptions of the Frame of therapy. RP assumes that the client:

* 1. Sees a problem with the status quo in their life,
  2. Wants a change,
  3. Sees themself as the person to make the change,
  4. Sees the therapist as a collaborator in the change process.

Thinking in terms of DARN helps you keep the discussion anchored in the question of change. The letters in parentheses below can help you explore the assumptions above.

**Desire**

“How does the way things are make you feel?” (A)

“How would it feel if nothing changed?” (A)

“How does it feel to imagine making this change?” (B, C)

“How do you feel about being the one to make this change happen?” (C)

“What is it like to be talking with me about this?” (D)

“How do you see me fitting into this question of change?” (D)

**Ability (confidence)**

“Who should fix this?” (C)

“What is there about you as a person that motivates you for change?” (C)

“What is there about you as a person that could make this change hard?” (C)

“What would be the easiest path forward?” (B, C)

“How possible does it seem that this change could happen?” (B)

“If you decide to make this change, how do you see other people being able to help?” (D)

“How could I be helpful to you in this?” (D)

“How *confident* are you on a scale of 1-10 that you could make this change?”[[1]](#footnote-1) (B, C)

Follow with: “Why not a lower/higher number?” OR

“What could happen that would make this number go up or down?”

**Reasons**

“Why are you considering changing this?” (A)

“What are the three most important factors when you consider changing?” (A, B)

“What are the pro’s and con’s of changing?” (A, B)

“Why are you the person who needs to make this happen?” (C)

“Why do you think therapy could help with this?” (D)

**Need (importance)**

“How *serious* or *urgent* does this feel to you?” (A, B)

“What is the most important part of this?” (A, B)

“What, if anything, *has to* change?” (B)

“How important is it to make the change on a scale of 1-10?” (B)

Follow with: “Why not a lower/higher number?” (B) OR

“What could happen that would make this number go up or down?” (B)

1. Yellow Highlights show the link between assessment of confidence and of importance. [↑](#footnote-ref-1)