

Role-Playing Scenario: Asking Honest Questions

Scenario: You are a peer support specialist meeting with a client who has been struggling with substance abuse. Your goal is to create a safe and non-judgmental space for the client to discuss their substance use and explore potential underlying issues.

Role-Playing Instructions:

- Participant A: Peer Support Specialist
- Participant B: Client

Peer Support Specialist (Participant A) Tasks:

- Begin by establishing rapport with the client and expressing empathy for their struggles with substance abuse.
- Ask honest and direct questions to encourage the client to open up about their substance use, triggers, and challenges.
- Practice active listening and offer validation and support as the client shares their experiences.

Client (Participant B) Tasks:

- Role-play the client who has been struggling with substance abuse.
- Share your thoughts, feelings, and experiences related to substance use when prompted by the peer support specialist.
- Respond openly to the peer support specialist's questions and engage authentically in the conversation.

Sample Honest Questions:

1. "Can you tell me more about your experiences with substance use and how it's been impacting your life?"
2. "What are some of the reasons or triggers that lead you to use substances?"
3. "Have you considered the potential consequences of your substance use, both short-term and long-term?"
4. "Are there any underlying issues or challenges you think may be contributing to your substance use?"
5. "How do you envision your life without relying on substances to cope with difficulties?"