



Assessment

Reflective questions

1. What did you learn about your intrinsic motivation for change in the exercise?
2. What did you learn about your identity and values, and how do they contribute to your intrinsic motivation for change?
3. How did the exercise help to identify your intrinsic motivation for change?
4. How did the exercise help to express your intrinsic motivation for change?
5. What did you learn by listening to other students' intrinsic motivation for change?
6. After doing this exercise, do you feel competent in identifying and expressing your intrinsic motivation for change? How will you continue developing these skills?