

## Shadowing Worksheet

1. What stage of change do you feel the family is in and why?
  - a. Pre-contemplation
  - b. Contemplation
  - c. Action
  - d. Maintenance
2. How do you know that someone is being person-centered? List some examples from the interaction you observed.  

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3. What elements did you witness of the provider instilling hope for the family reaching their goals?  

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4. How did the provider look past the behavior and see the person during the visit?  

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5. Name examples of how the provider utilized the client's strengths to overcome barriers faced.  

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6. How many services is the client engaging with? \_\_\_\_\_
7. Provide examples on how the provider engaged the client in conversations around community resources and connection to informal supports.  

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8. What skills do you feel you need more assistance in developing after observing this interaction?  

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9. Additional comments/questions from observation:  

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