

JOY

When a UDT is negative for the target substance, this is a chance to reinforce success and build confidence.

Use affirmations and questions to help the client recognize what worked.



J: JOIN them in celebration

- “Your effort really paid off this week. Congratulations.”
- “That says a lot about you that you stayed on track.”
- “What are you most proud of this week?”

O: OFFER encouragement

- “That’s really smart of you to figure that out.”
- “Those are great ideas for how to keep this going.”
- “What helped you stay on track?”

Y: YIELD positivity

- “You’re way ahead of where you were before.”
- “That shows a lot of strength.”
- “What’s your plan for keeping this going next week?”

EASE

When a UDT is positive for the target substance, use a neutral, curious, and supportive approach to keep the client engaged and focused on next steps



E: ENCOURAGE

- “I appreciate your honesty.”
- “It’s been a tough stretch this week. But you made it here today.”

A: APPLAUD effort

- “That’s admirable you came in even when it was hard.”
- “You’re sticking with this.”
- “What did you learn this week?”

S: SPECIFY next steps

- “What’s your plan between now and the next visit?”
- “Would it be okay if we look at some options together?”
- “How does that sound to you?”

E: EMPOWER choice

- “What would help you most before the next visit?”
- “You’re the one deciding what comes next.”
- “What do you want to do about this?”