

0. Baseline Assessment	<ul style="list-style-type: none"> Assess current situation 	<ul style="list-style-type: none"> Is there anything about your teeth that concerns you? How is everything going for you? How do you feel about your oral hygiene? Can you describe your current oral hygiene routine for me?
 1. Goal Setting	<ul style="list-style-type: none"> Ask what is important for your patient and yourself Try to find common ground and identify shared goals Together, define a SMART goal. When doing so, if possible, formulate it as a behavior-based goal rather than an outcome-based goal 	<ul style="list-style-type: none"> What would you like to change? What is important to you when it comes to your oral health? What do you think you're doing well? What's one small change you're ready to make? What motivates you to take care of your teeth and gums? How important is (your breath/ your smile/ your gums) to you? How would achieving this goal make a difference for you? What benefits do you see in improving your oral care routine? If you were to improve one thing about your oral hygiene, what would it be?
 2. Planning	<ul style="list-style-type: none"> Decide the what, when, where and how of behavior change 	<ul style="list-style-type: none"> So, we have agreed a goal for [X]. When might be the best time for you to do that? Where will you do it? What would you need, do you have [X] at home? Do you know where to get [X]? What should we do if things don't work out – like if you're tired or run out of [X]? Can we tie [X] to a habit you are already doing? Would it be okay if I shared some tips that might help?
 3. Self-Monitoring	<ul style="list-style-type: none"> Introduce a self-monitoring tool Set up follow-up On next appointment, adjust goals if necessary 	<ul style="list-style-type: none"> Would tracking your progress help? What would work best for you — an app, a checklist, or something else? How often will you check in on your progress? If you find yourself forgetting, what could help you stay on track? What might help you stay consistent if things get difficult? What's been going well so far, and what's been challenging? Can we check in at your next visit to see how it's going?