

<h2>0. Baseline Assessment</h2>	<ul style="list-style-type: none"> <li>• Assess current situation</li> </ul>	<ul style="list-style-type: none"> <li>• Is there anything about your teeth that concerns you?</li> <li>• How is everything going for you?</li> <li>• How do you feel about your oral hygiene?</li> <li>• Can you describe your current oral hygiene routine for me?</li> </ul>
 <h2>1. Goal Setting</h2>	<ul style="list-style-type: none"> <li>• Ask what is important for your patient and yourself</li> <li>• Try to find common ground and identify shared goals</li> <li>• Together, define a SMART goal. When doing so, if possible, formulate it as a behavior-based goal rather than an outcome-based goal</li> </ul>	<ul style="list-style-type: none"> <li>• What would you like to change?</li> <li>• What is important to you when it comes to your oral health?</li> <li>• What do you think you're doing well?</li> <li>• What's one small change you're ready to make?</li> <li>• What motivates you to take care of your teeth and gums?</li> <li>• How important is (your breath/ your smile/ your gums) to you?</li> <li>• How would achieving this goal make a difference for you?</li> <li>• What benefits do you see in improving your oral care routine?</li> <li>• If you were to improve one thing about your oral hygiene, what would it be?</li> </ul>
 <h2>2. Planning</h2>	<ul style="list-style-type: none"> <li>• Decide the what, when, where and how of behavior change</li> </ul>	<ul style="list-style-type: none"> <li>• So, we have agreed a goal for [X]. When might be the best time for you to do that?</li> <li>• Where will you do it?</li> <li>• What would you need, do you have [X] at home?</li> <li>• Do you know where to get [X]?</li> <li>• What should we do if things don't work out – like if you're tired or run out of [X]?</li> <li>• Can we tie [X] to a habit you are already doing?</li> <li>• Would it be okay if I shared some tips that might help?</li> </ul>
 <h2>3. Self-Monitoring</h2>	<ul style="list-style-type: none"> <li>• Introduce a self-monitoring tool</li> <li>• Set up follow-up</li> <li>• On next appointment, adjust goals if necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Would tracking your progress help?</li> <li>• What would work best for you — an app, a checklist, or something else?</li> <li>• How often will you check in on your progress?</li> <li>• If you find yourself forgetting, what could help you stay on track?</li> <li>• What might help you stay consistent if things get difficult?</li> <li>• What's been going well so far, and what's been challenging?</li> <li>• Can we check in at your next visit to see how it's going?</li> </ul>