**D.A.R.N.C.A.T.** is an acronym. It is another "Conversational Change Model". *Meaning:* You can help people make positive, lasting changes in their lives, in the course of an ordinary conversation. This acronym provides a checklist of questions. This checklist gives you guidance for things you can ask your Client/Loved ones about. The strength of the D.A.R.N.C.A.T. model is in its planned structure This model was first developed, as a checklist for counselors, to the help people suffering from substance abuse.

The Framework of Motivational Interviewing
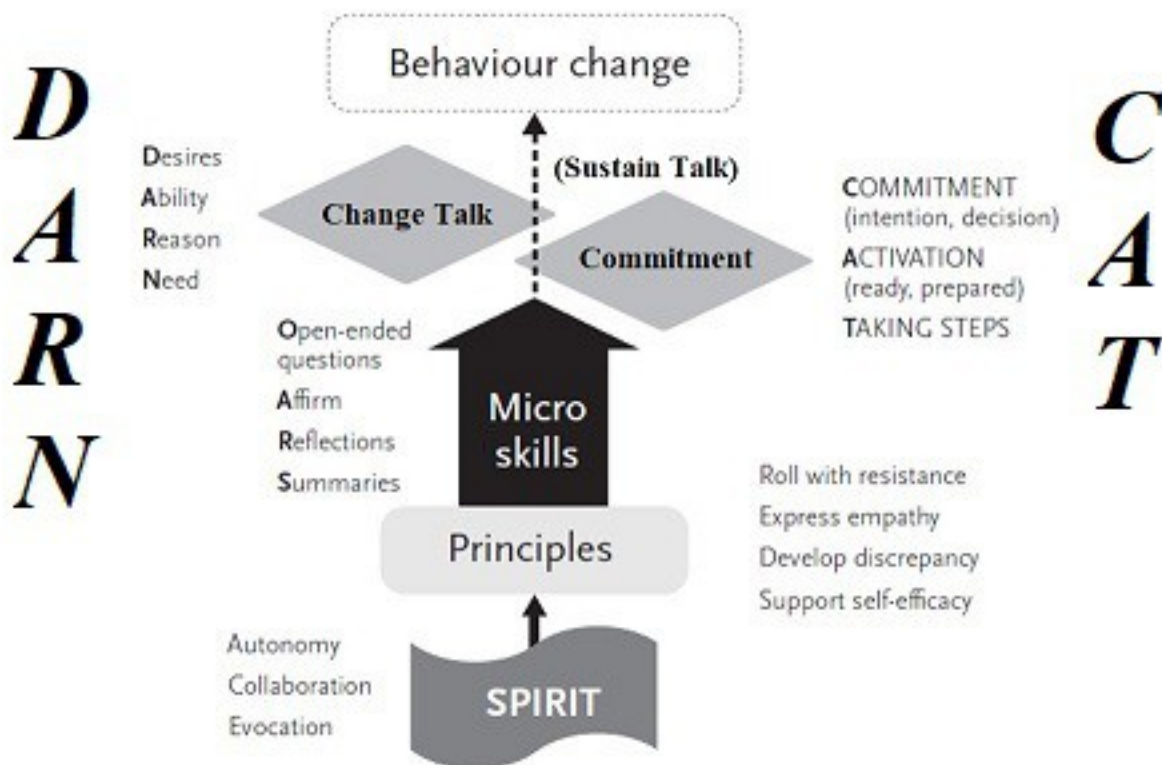
Source: MINT Training, Centre for Addiction and Mental Health.

...They needed a strategy to guide therapeutic conversations toward the decision to change stop using drugs. If you examine the questions and give thought to the rationale for their use, you will see that the model is very readily adaptable to an extraordinary range of Life Coaching situations. - **Rich Dallas-Achology Certified Life Coach**

This diagram illustrates how the D.A.R.N.C.A.T. model fits into the over all "Motivational Interviewing" approach to facilitating Change. It is very readily adaptable to the Life Coaching process. The skills overlap and amplify the skills of another valuable Conversational Change model.
                    -**Rich Dallas-Achology Certified Life Coach**