

Motivational Interviewing Tools to Initiate Change: TEC August 5th 2018

Which aspect of MI is most appealing to you for your setting?

Relationship

Open ended questions:

Rewrite the question here in a more open manner:

What information will you get this way?

Resistance

Describe a time that you were required to make a change:

What helped you feel motivated toward that change?

Where there any “helpers” who actually pushed you farther from your change?

How do you respond to advice?

Flip the script – DARN/CATS: Take this sustain talk to change talk

Desire- I really enjoy drinking	
Ability- I don't think I can give it up	
Reason- Drinking is how I have fun	

“Ambivalence is simultaneously wanting and not wanting something, or wanting both of two incompatible things. It has been human nature since the dawn of time.”

– William R. Miller,

Need- I don't think I need to quit	
Commitment- I intend to keep on drinking	
Activation- and nobody can stop me, I'm not ready to quit	
Taking Steps- I went back to the bar this week	

Response

Evoking change talk

Importance Ruler:

Query Extremes:

Looking Forward:

Looking Back:

Exploring Goals and Values:

Affirmations:

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