

BASIC MI SKILLS (OARS)

Open Questions

Affirm

Reflect

Summarize

MI GUIDING PRINCIPLES

Develop Discrepancy

Express Empathy

Roll with Resistance

Support Self-Efficacy

GO ALONG WITH CHANGE TALK

(“Tell me more about that”)

Desire to change

Ability to change

Reasons to change

Need to change

Taking steps already

Commitment to a change

Plans for the future

ROLL WITH PROBLEM TALK

What works now? What doesn't?

There are good and bad parts.

What makes you concerned?

It sounds like you feel stuck.

What have you tried before?

What's most important now?

What would you like to do next?

How can I help?