

In Your Own Words...
**What do you know about Motivational
interviewing (MI)?**

1. A way of describing MI is.....

**2. Something I should always try to do (when practicing MI)
is....**

3. Something I should try to never do (when practicing MI) is....

4. Something about MI that I'm unclear about is....

Reflections

Read the statements, then formulate a simple and complex reflection.

1. I am not sure what I am going to do. I really like drinking, but it's a big hassle right now.

- Simple reflection:
- Complex reflection:

2. I want to get on some medications for my depression.

- Simple reflection:
- Complex reflection:

3. There's nothing wrong with smoking a little weed now and then. It's a natural product. Everyone I know smokes.

- Simple reflection:
- Complex reflection:

4. I don't get why I have to talk to all these other people. I used to just see my doctor when I came in.

- Simple reflection:
- Complex reflection:

5. Yeah, so what if I'm a big guy? That's kinda my thing.

- Simple reflection:
- Complex reflection:

Open vs. Closed

Some of the items below are open and some are closed. Change some of the closed questions to open questions. At the end, add two of your own commonly asked closed questions and convert them as well.

Common Questions	Open	Closed
1. What brings you here today?		
2. Are you in a relationship?		
3. Will you try this for one week?		
4. How are you today?		
5. Did you do what you were supposed to do?		
6. How much did you have to drink last night?		
7. Were you sober?		
8. Are you willing to come back in a month?		
9.		
10.		



1. Someone famous

Strengths/Values:

Affirmation:

2. Someone you work with (a patient):

Strengths/Values:

Affirmation:

3. A good friend:

Strengths/Values:

Affirmation:

Tuning into language cues

Yeah, this is really important to me, but I never thought it would be so hard. I don't know if I'm up to it.

You don't know what it's like to live my life.

I've tried everything and nothing seems to be working. So I don't know what to do.

I don't know why I keep doing this. I mean, I'm not an idiot—I know it can kill me. I just don't have any will power I guess.

I've been depressed lately. I keep trying things to help me feel better but nothing seems to work.

You don't know my family. It's basically impossible not to just totally pig out on junk when we get together.