

Am I doing MI?

Here are some questions to ask yourself, reflecting on your inner experience as well as your conversational style.

1. **Engaging.** How well do I understand how this person perceives the situation or dilemma? Could I give voice to what this person is experiencing? How many of my responses are reflective listening statements? How engaged in our conversation does the person seem to be?
2. **Focusing.** Do I have a clear sense of focus? Do I know the direction in which I hope change occurs? What goal(s) do we have for change, and to what extent do we agree about them?
3. **Evoking.** What do I know about this person's own motivations for change? Am I hearing change talk? What concerns, goals, or values does this person hold that would encourage this change?
4. **Planning.** Am I hearing mobilizing change talk that may signal readiness to discuss when and how change might occur, even a first step? Would it be premature at this point to be discussing a plan? To what extent am I evoking mobilizing change talk from the person rather than providing solutions myself? If I am giving information and advice, is it with permission?

Miller, W. R., & Rollnick, S. (2013). *Motivational interviewing: Helping people change*. Guilford Press, p.311.