

# Motivational Interviewing Pocket Guide



## Ask Open Questions

What...?  
Why...?  
How...?  
Tell me about...?



## Reflect what you hear

(especially change talk)

It's like...  
You feel...  
It seems to you...  
You would like to...



## PARTNERSHIP, ACCEPTANCE, COMPASSION, EMPOWERMENT

Work together in the person's interest. Express empathy, honour autonomy, acknowledge strengths, and elicit the person's own motivation.



## Give the person the good lines

D: I want to...I would like...  
A: I can...I am able to...  
R: I have reasons to...  
N: I need to...I have to...  
C: I will, I intend to...  
A: I am willing, I am ready to...  
T: I have, I am taking steps...

## Advice and Information

### Ask-Offer-Ask

A: What do you know about...?  
What are your thoughts about...?  
O: May I provide some information/ideas?  
Where possible, suggest a range of options  
A: What do you make of that/what might be helpful for you?



## Assess Importance & Confidence

How important is it to you to...?  
How confident are you that you can...?  
What makes you a .... and not a (lower #)?  
What would it take to lift your confidence/importance to a (higher #)?



## Engage first

## Explore options to find a focus

## Evoke reasons, strengths and values

## Plan together

