

The guiding spirit of MI

COLLABORATION

How did I encourage the other person in the conversation (or in our relationship)?

How did I create a positive working relationship with them?

COMPASSION

What does the other person need in this conversation/relationship?

What are my needs in the conversation/relationship?

How did I show the other person that their well-being (and needs) were more important than my own?

EMPOWERMENT

How do I help people realize and use their own strengths and abilities?

How do I help the other person appreciate what they already have inside them?

ACCEPTANS

How have I created a *non-judgemental* environment so that the other person can feel free to change?

Support autonomy

How have I supported the other person's autonomy during the conversation?

In what way have we talked about the person's choices and the consequences of those choices?

Absolute Worth

How have I conveyed to the other person that they are allowed to change or not?

Convey Empathy

In what way have I really shown that I am trying to understand the other person's situation or perspective?

Positive Regard/Affirming

How have I consciously chosen to recognize, focus on, and affirm the person's positive sides, such as their efforts and strengths?