Motivational Interviewing Pocket Guide

**PARTNERSHIP, ACCEPTANCE, COMPASSION, EVOCATION**
Work together in the patient’s interest. Express empathy, honour autonomy, acknowledge strengths, and elicit the patient’s own motivation.

**Ask Open Questions**
- What...?
- Why...?
- How...?
- Tell me about...?

**Give the patient 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...

**Reflect what you hear**
(epecially change talk)
- It’s like...
- You feel...
- It seems to you...
- You would like to...

**Advice and Information**
- Elicit-Provide-Elicit
  - E: What do you know about...? What are your thoughts about...?
  - P: May I provide some information/ideas? Where possible, suggest a range of options
  - E: What do you make of that/what might be helpful for you?

**Engage first**
Explore options to find a focus
Evoke reasons, strengths and values
Plan together

**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 #)?