

Some Questions the Helper Should Reflect On Regarding Each Motivational Interviewing Process

1. Engaging

- How comfortable is the person in talking to me?
- How supportive and helpful am I being?
- Do I understand this person's perspective and concerns?
- How comfortable do I feel in this conversation
- Does this feel like a collaborative partnership?

2. Focusing

- What goals for change does this person really have?
- Do I have different aspirations for change for this person?
- Are we working together with a common purpose?
- Does it feel like we are moving together, not in different directions?
- Do I have a clear sense of where we are going?
- Does this feel more like dancing or wrestling?

3. Evoking

- What are this person's own reasons for change?
- Is the reluctance more about confidence or importance of change?
- What change talk am I hearing?
- Am I steering too far or too fast in a particular direction?
- Is the righting reflex pulling me to be the one arguing for change?

4. Planning

- What would be a reasonable next step toward change?
- What would help this person to move forward?
- Am I remembering to evoke rather than prescribe a plan?
- Am I offering needed information or advice with permission?
- Am I retaining a sense of quiet curiosity?