

Change Talk Motivational Interviewing Practice

A key component of Motivational Interviewing is to find out, and then leverage, what motivates the individual internally. Learn these questions and use them to help the individual to find their internal motivation and work on a care plan he or she will be committed to act upon.



1. What is the change you are considering?
2. What if anything concerns you about making the change?
3. What makes the change important to you?
4. What else makes it important? (Gets to the real reason!)
What else?
What else?
5. What kinds of steps do you think you'll need to take to move in the right direction?

Remember to use your OARS!

Open-ended inquiry
Affirmations
Reflect
Summarizing

