

## Spirit of MI: Partnership; Empowerment; Acceptance; Compassion

### 4 TASKS of MI: Engaging, Focusing, Evoking, Planning

This is a COLLABORATIVE, GOAL ORIENTED process with special attention to the LANGUAGE OF CHANGE.

Trust in the Wisdom of the person!

**O**- Open Questions

**A**-Affirmations

**R**-Reflections

**S**-Summary



**LISTEN FOR CHANGE TALK!** (The more the person hears change talk, the more likely they are to make the change)

**D**-Desire (wanting, wishing, willingness to change)

**A**-Ability (perceives capability & possibility of change)

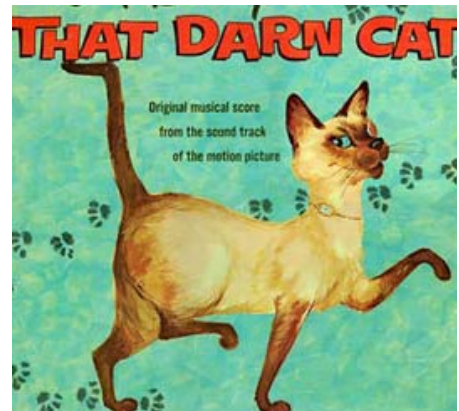
**R**-Reasons (rationale, motive, incentive for change)

**N**-Need (indicates necessity, requirement for change)

**C**-Commitment Language (promises, "I do")

**A**-Movement toward Action (leaning in the right direction)

**T**-Taking Steps (already doing things in the direction of change)



### PROVIDING INFORMATION

#### Ask—Offer--Ask

Keep the information manageable, **small doses** & then **check in** with them about their understanding.

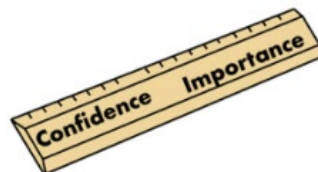
### EVOKE CHANGE TALK

#### DARN EVOCATIVE QUESTIONS

Explore **GOALS AND VALUES**

IMPORTANCE, CONFIDENCE **RULERS**

**EARS** (Elaborate, Affirm, Reflect, Summarize)



### HOW TO GAUGE READINESS FOR PLANNING

RATIO OF CHANGE TO SUSTAIN TALK

**ASK IF THEY WOULD LIKE TO START PLANNING**