

Motivational Interviewing Cheat Sheet

<p>MI Spirit</p> <ul style="list-style-type: none"> Interviewing Collaboration Guiding <p>MI Principles:</p> <ul style="list-style-type: none"> Express Empathy Develop Discrepancy Roll w/ Resistance Support Self-Efficacy <p>Fundamental Skills</p> <ul style="list-style-type: none"> Open Questions Affirmations Reflections Summarizations <p>Change Talk</p> <ul style="list-style-type: none"> Desire to Change Ability Reason Need Commitment <p>Eliciting Change Talk</p> <ul style="list-style-type: none"> Importance/Confidence Ruler Querying Extremes Looking Back; Looking Forward Evocative Questions Decisional Balance Goals/Values Exploration Elaboration 	<p>Responding to Change Talk</p> <ul style="list-style-type: none"> Reflection Elaboration Questions Summary Affirmation <p>Elicit-Provide-Elicit</p> <p>Menu of Options</p> <p>Dealing with Resistance</p> <ul style="list-style-type: none"> Simple Reflections Amplified Reflections Double-sided Reflections & Shifting Focus Agreement w/ a Twist Coming Along Side Reframing Emphasizing Personal Control Disclosing Feelings <p>Traps</p> <ul style="list-style-type: none"> Premature Focus Labeling Q/Answer Confrontation-Denial Expert Blaming
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