

Motivational Interviewing Guide

Key aspects: Ask, Affirm, Reflect, Summarize

Values

- Tell me what is most important in your life at this moment?
- Tell me about the things you value and are a priority?
- In what way are you living out these values?

Hopes and Goals

- What are some of the things you wish to move toward in your life?
- When you think about the future, what are some things you would like to have in it?
- When you were a child, what did you dream about doing with your life? How about now?
- If we were to be successful in our work together, what would that look like?

Envision the Goals

- How does your current behavior fit within your values and goals?
- How can this value help you achieve the aims you set for yourself?
- How does your current behavior support your future goals?
- What do you feel is the greatest barrier to achieving your goals?

Self-Efficacy

- Tell me about a time you made changes in your life. How did you do it?
- What personal strengths do you have that would help you succeed?
- What encourages and inspires you?
- Who could offer you support in making this change?

Decisional Balance and Motivation

- How is the current situation affecting you?
- What challenges will you face when trying to change your situation?
- How are you benefiting from your current situation?
- What can you gain by making the change?
- How important is that to you?

