

# MI Strategies Checklist

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This worksheet will help you learn about the ways in which you use MI strategies and how effective they are for your work. Fill it out for a client who has been resistant to change, denies an apparent problem, or is having adherence difficulties. Note any strategies that worked especially well or that you found challenging.

How often did you use the following MI core strategies?

1. EXPRESS EMPATHY (e.g., through reflective listening, relabeling, reframing, and reinforcing client efforts)

1	2	3	4	5
Not at All	A Little	Somewhat	Considerably	Extensively

2. AVOID ARGUMENTATION (e.g., take a “one down” position) or ROLL WITH RESISTANCE (e.g., use simple, amplified, or double-sided reflections, or shift focus)

1	2	3	4	5
Not at All	A Little	Somewhat	Considerably	Extensively

3. Support SELF-EFFICACY (e.g., reinforce client efforts and promote belief that it is possible for the client to change) or EMPHASIZE PERSONAL RESPONSIBILITY for change

1	2	3	4	5
Not at All	A Little	Somewhat	Considerably	Extensively

4. INCREASE THE CLIENT’S AWARENESS of or focus on his/her AMBIVALENCE ABOUT CHANGING

1	2	3	4	5
Not at All	A Little	Somewhat	Considerably	Extensively

5. DEVELOP DISCREPANCY (e.g., through increasing client awareness, heightening discrepancies of where the client is and where s/he wants to be)

1	2	3	4	5
Not at All	A Little	Somewhat	Considerably	Extensively

6. USE OPEN-ENDED QUESTIONS TO ELICIT SELF-MOTIVATIONAL STATEMENTS from the client

1	2	3	4	5
Not at All	A Little	Somewhat	Considerably	Extensively