



Motivational Interviewing (MI)

MI WORKSHEET Increase Engagement & Internal Motivation (Self-Efficacy)



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ID:

DATE:

R1 Topic	Discovery Card	Model Category

Behavior, Problem, or Item

Open-Ended Questions – Promote trust and honest communication

O □

Open-Ended Questions

Affirmations – Validate values, attributes, strengths, and efforts (VASE)

A □

Affirmation

Reflections – Demonstrate active listening and invite exploration

R □

Reflections

Summaries – List all key points and reflect them back to the individual

S □

Summaries

Spirit of Motivational Interviewing

- P Partnership** – Collaboration while avoiding the “expert trap.”
- A Acceptance** – Radical acceptance. – Respecting the individual’s autonomy and right to choose.
- C Compassion** – The individual is the expert in their own life. The practitioner’s goal is to focus on their desires, abilities, reasons, and need for change or growth.
- E Empowerment** – Everything the practitioner does is designed to enhance the individual’s motivation toward change and growth, drawing the answers from the person.