

Motivational Interviewing Observer Checklist:

- Provider used open ended questions
- Provider expressed empathy for dilemma
- Provider used reflective listening skills (repeating important phrases/statements)
- Provider summarized patient perspective (putting it all together)
- Provider explored pros of change
- Provider explored cons of change
- Provider explored patient's confidence in their ability to carry out change
- Provider affirmed patient's ability to change if they decided to do so
- If change plan was created, it was aligned with patient's readiness
- Problem solving was elicited from patient (rather than generated by provider)

Importance and Confidence Rulers

Importance Ruler

How important would you say it is for you to _____? On a scale from 1-10, where 0 is not at all important and 10 is extremely important, where would you say you are?

1	2	3	4	5	6	7	8	9	10
Not Important			Unsure		Somewhat Important				Very Important

Confidence Ruler

And how confident would you say you are, that if you decided to _____, you could do it? On the same scale from 1-10, where 0 is not all all confident and 10 is extremely confident, where would you say you are?

1	2	3	4	5	6	7	8	9	10
Not Confident			Unsure		Somewhat Confident				Very Confident

Change Plan Worksheet

The changes I want to make (or continue making) are:

*List specific areas or ways in which you want to change.
Include positive goals (beginning, increasing, improving behavior).*

The reasons why I want to make these changes are:

*What are some likely consequences of action and inaction?
Which motivation for change seems most important to you?*

The steps I plan to take in changing are:

*How do you plan to achieve the goals?
Within the general plan, what are some specific first steps you might take?
When, where and how will these steps be taken?*

The ways other people can help me are:

*List specific ways that others can help support you in your change attempt.
How will you go about eliciting others' support?*

I will know that my plan is working if:

*What do you hope will happen as a result of the change?
What benefits can you expect from the change?*

Some things that could interfere with my plan are:

*Anticipate situations or changes that could undermine the plan.
What could go wrong?*

What I will do if the plan isn't working:

How might you stick with the plan despite the changes or setbacks?

Change Plan Worksheet

The changes I want to make (or continue making) are:

The reasons why I want to make these changes are:

The steps I plan to take in changing are:

The ways other people can help me are:

I will know that my plan is working if:

Some things that could interfere with my plan are:

What I will do if the plan isn't working:

Decisional Balance Worksheet

When we think about making changes, most of us don't really consider all "sides" in a complete way. Instead, we often do what we think we "should" do, avoid doing things we don't feel like doing, or just feel confused or overwhelmed and give up thinking about it at all. Thinking through the pros and cons of both changing and not making a change is one way to help us make sure we have fully considered a possible change. This can help us to "hang on" to our plan in times of stress or temptation. *Below, write in the reasons that you can think of in each of the boxes.*

	Benefits/Pros	Costs/Cons
Making a change		
Not changing		