

Motivational Interviewing Worksheet

Client's Name:

Desired Behavior Change:

1. How are you doing with your intended behavior change?
2. How does this change, if you make it, affect your health?
3. What would you like about things staying the way they are (not making this change)?
4. What would you dislike about keeping things the way they are (not making this change)?

INTERVIEWER: NOW SUMMARIZE, USING "YOU" STATEMENTS, WHAT THE CLIENT JUST TOLD YOU. AVOID USING WORDS LIKE "PROBLEM" OR "CONCERN."

5. I wonder, would you be interested in knowing more about the effects of _____ on _____?

IF YES, GIVE A SMALL AMOUNT OF INFORMATION YOU KNOW FROM THE LITERATURE OR YOUR PROFESSIONAL BACKGROUND AND FOLLOW WITH:

5A. I wonder, what do you make of all this? How does it tie in with your behavior change/lifestyle?

IF NO, MOVE ON.

6. What concerns to you have about not making this change in your lifestyle?

IF APPROPRIATE, FOLLOW UP WITH:

7. Why does this concern you?

8. Can you give me an example?

9. What concerns you most about this?

IF APPROPRIATE, REPEAT QUESTIONS 6 – 9 ASKING ABOUT OTHER CONCERNS

10. How do you feel about making the change in your lifestyle now?

11. Have you come to any new decisions about it?

12. What sort of support do you think you need to make this change?

13. Do you know how to get it?

NOW FINISH UP WITH SOMETHING LIKE:

You're doing some good thinking about this issue. I think you're on track to make some good decisions for yourself in the future.