**An Example of an MI “Session”**

1. **Set the Agenda – Find the Target Behavior (e.g, using, smoking, exercising, studying, going to class, etc.)**

Clarify the agenda around a target behavior about which there is ambivalence. Try a series of special questions to help sort things out.

**2. Ask about the positive (good things) aspects of the target behavior.** This is often an engaging surprise. However, it will only work if you are genuinely interested.

* What are some of the good things about \_\_\_\_\_\_\_?
* People usually \_\_\_\_\_\_\_ because there is something that has benefited them in some way. How has \_\_\_\_\_\_\_\_\_\_\_\_\_ benefited you?
* What do you like about the effects of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
* ***Summarize the positives***

**3. Ask about the negative (less good things) aspects of the target behavior:**

* + Can you tell me about the down side?
  + What are some aspects you are not so happy about?
  + What are some of the things you would not miss?
  + ***Summarize the negatives***

**4. Explore life goals and values.**

These goals will be the pivotal point against which cost and benefits are weighed.

* + - What sorts of things are important to you?
    - What sort of person would you like to be?
    - If things worked out in the best possible way for you, what would you be doing a year from now?
* ***Use affirmations to support “positive” goals and values.***

1. **Ask for a decision.**

Restate their dilemma or ambivalence then ask for a decision.

* You were saying that you were trying to decide whether to continue or cut down…
* After this discussion, are you more clear about what you would like to do?
* So have you made a decision?

1. **Goal setting – Use SMART goals**

**(Specific, Meaningful, Assessable, Realistic, Timed)**

* What will be your next step?
* What will you do in the next one or two days?
* Have you ever done any of these things before to achieve this?
* Who will be helping and supporting you?
* On a scale of 1 to 10 what are the chances that you will do your next step? (anything under 7 and their goal may need to be more achievable)
* ***If no decision or decision is to continue the behavior.***
* If no decision, empathize with difficulty of ambivalence.
* Ask if there is something else which would help them make a decision?
* Ask if they have a plan to manage not making a decision?
* Ask if they are interested in reducing some of the problems while they are making decision?
* If decision is to continue the behavior, go back to explore the ambivalence.