

# WHAT WOULD AN MI SESSION INVOLVE? IT'S THE CLIENT WHO PRESENTS ARGUMENTS FOR CHANGE

## THE SPIRIT OF MI: PARTNERSHIP ACCEPTANCE COMPASSION EVOKING



Tools and strategies to elicit change talk: agenda setting, agenda Map, typical day, exploring the behaviour positive and unhelpful bits, looking forward, looking backward, decisional balance, building confidence, values and goals, using information with permission (Explore, Provide, Explore) readiness ruler, confidence rule. If ready: goal setting, planning