Motivational interviewing

1. Ask powerful question(s)
2. Reflect back
   - Paraphrase, as if a mirror
3. Acknowledge
   - No judgment
   - Not a compliment, e.g. You've done a really good job!
   - e.g. "I see your: fear
     strength
     anger
     frustration

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Powerful Question ideas for MI (jenirwin@uwo.ca)

What are you afraid of?

Tell me more.

What do you want?

Where do you hold back?

What's important about _____?

What's your first step?

What's another way to look at it?

What are you avoiding?

What are the possibilities?

What are you tolerating?

What is calling to you?

What are some other choices?

What are you saying "yes" to?

What are you saying "no" to?

What do you know about it now?

What's exciting/fun/neat about it?

What's hard/scary about this?

How do you want it to be?

How will you measure your success?

What else? Is there more?

What does this cost you?

How does this serve you?

If you knew you'd succeed, what would you do?