

Motivational Interviewing Self-Evaluation Checklist

This document can be used as a self-evaluation tool to improve your MI skills.

DRES (“Spirit”)

- **Develop Discrepancy** - between actual and ideal behavior; between behavior and larger values
- **Roll with Resistance** – never meet force with force; avoid “righting reflex”
- **Express Empathy** - even (especially?) in the face of resistance
- **Support Self-efficacy** - actively support and affirm client strengths; allow maximum freedom and choice

AROSE (“Microskills”)

- **Affirmations** - to support strengths, convey respect and appreciation, deflect resistance
- **Reflective listening** – to explore concerns, convey understanding, deflect resistance; elicit change talk
- **Open-ended questions** – to explore concerns, promote collaboration, understand client’s perspective
- **Summaries** - to organize discussion, clarify motivation
- **Elicit change talk** – get the *client* to tell you what the target problem is

Focus on the following items to review your skills:

Goal: Engagement

Worked to fully understand problem and client’s perspective before moving towards change
Focused on engagement before change
Used reflective listening to convey empathy and understanding
Used affirmations to build a positive relationship

Goal: Assessing motivation

Identified a target behavior
Identified stage of change
Used importance, confidence, readiness ruler
Differentiated between different areas of motivation (e.g., substance use vs. mental health; treatment vs. change)

Goal: Addressing ambivalence

Normalized ambivalence
Explored ambivalence
Reframed ambivalence
Used a decisional balance
Avoided direct persuasion

Explored pros and cons of change

Goal: Promoting internal motivation

Elicited and respected client's goals for treatment
Explored values underlying motivation for change
Supported autonomy in decision making

Goal: Eliciting change talk

Asked about concerns using open-ended questions or reflective listening
Asked for elaboration about concerns
Explored client values as they relate to change
Selectively responded to change talk with curiosity, interest
Explored pros and cons/decisional balance
Used "low threshold" questions

Goal: Rolling with resistance

Avoided confrontation/direct persuasion
Met resistance with:

- Internal reframe
- Affirmation (external reframe)
- Empathic response
- Reflective listening
- Providing choice
- Non-defensive response

Goal: Supporting client strengths

Explored previous successes
Explored positive qualities
Accentuated *any* motivation for change
Highlighted any efforts towards change
Used affirmations to highlight strengths, motivation

Source: [MotivationalInterviewing.org](http://www.motivationalinterviewing.org)

http://www.motivationalinterviewing.org/clinicians/Side_bar/skills_maintenance.html

Adapted from: Jonathan Krejci, Ph.D., Princeton House Behavioral Health Version 01/24/06