

Motivational Interviewing Cheat Sheet

OPEN QUESTIONS

What brings you here today? Can you describe your experience with this situation? How do you feel about the recent changes in your life? In what ways has this issue been affecting you? What are your thoughts on the goals you want to achieve? Could you share more about your perspective on this matter? How would you like things to be different in the future? What factors do you think contribute to the challenges you're facing? Tell me about your understanding of the current situation. What do you think might be helpful for you in addressing this issue?

AFFIRMATIONS

I admire your resilience in facing challenges head-on. You have shown great dedication and commitment to your goals. I appreciate your openness and honesty in our discussions. Your ability to stay focused on your priorities is truly commendable. I see the progress you've made, and it's inspiring. You possess valuable insights that contribute to our conversations. Your determination to learn and grow is evident and impressive. I notice your kindness and empathy towards others. You have a unique perspective that adds depth to our interactions. I believe in your capacity to overcome obstacles and succeed.

REFLECTIVE LISTENING

So, if I understand correctly, you're saying that... It sounds like you're feeling... If I heard you right, you're expressing that... Let me make sure I got this right; you're experiencing... You mentioned [specific point]; can you tell me more about that? It seems like [summary of their feelings or thoughts]. Am I on track? I hear you saying [key point]. Is that capturing the essence of your experience? So, if I reflect back what you've shared, it's that... You've highlighted [aspect]; can you help me understand that better? If I'm understanding you correctly, this is important to you because...

SUMMARIES

Let me recap what we've discussed so far: You're facing [challenge], and your main goals are [goal 1] and [goal 2]. If I understand correctly, your current situation involves [summary of the situation], and you're looking for support with [specific aspect]. In summary, you've shared your experiences with [topic], and it seems like [main observation]. Am I capturing the essence of your story? To summarize our conversation, you've expressed [main point 1], [main point 2], and [main point 3] as your priorities moving forward. If I were to put it succinctly, you're feeling [emotion] because of [situation], and your ideal outcome would be [desired outcome]. Let's review: Your concerns are related to [topic], and you're considering [possible solution]. Did I capture the key elements correctly? From what I've gathered, the main challenges you're facing are [challenge 1], [challenge 2], and [challenge 3]. Is that an accurate summary? In a nutshell, your perspective is [summary of perspective], and you're seeking [specific support or resolution]. To sum up our discussion, it seems like [main observation], and you're interested in exploring [potential next steps]. So, if I were to give a brief overview, you've outlined [key points], and we're considering [potential actions]. Is that a fair summary?