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.motivationalinterview.org/clinicians/Side_bar/skills_maintenence.html
Adapted from: Jonathan Krejci, Ph.D., Princeton House Behavioral Health Version 01/24/06