

A Diagrammed Overview of MI Strategy

The MI Spirit (How the Conversation should feel)

- Partnership
- Acceptance
- Compassion
- Evocation

Micro Skills (Behaviors to support the Spirit)

- Open Questions
- Affirmations
- Reflections
- Summary Statements

Language Cues

Four Processes (Micro Skill Strategy)

- Engage**
Dance with Discord
Express Empathy
- Focus**
- Evoke**
Develop Discrepancy
Support Self-Efficacy
- Plan**

Discord
No Topic or Wandering
Sustain & or Change Talk
Commitment Talk