

Sample MI Statements and Questions

Statements for Reflective Listening (Express Empathy):

- "You're feeling uncomfortable with your _____."
- "You are angry with/about _____."
- "You're feeling uncomfortable with your _____."
- "You are angry with/about _____."
- "You've tried to do _____ before and it has not worked for you."
- "You are frustrated with trying to _____."
- "So, if I understand you so far, you _____."
- "You are wondering if you should do something about _____."
- "I can see how you might feel _____ at this point."
- " _____ "

Statements and Questions to Develop Discrepancy

- "You have said that you know _____ is the best choice, but that it won't fit with your lifestyle. What are some of your concerns about fitting _____ into your current lifestyle?"
- "What is it about your _____ that others may see as reasons for concern?"
- "What would be the good things about your child (your baby/you) being/having _____?"
- "How has _____ stopped you from doing what you want to do?"
- "How do you feel about _____?"
- "The fact that you are sharing with me indicates that you are interested in learning about _____. Why do you want to learn about _____?"
- "What makes you think that you need to make a change?"
- "If things worked out exactly as you like, what would be different?"
- "If you decided to change, what do you think would work for you?"
- "What concerns do you have about making changes?"
- "What things make you think that this is a problem?"
- "What difficulties have you encountered trying to change your _____?"
- " _____ "

Statements and Questions to Roll with Resistance

- "It's okay if you don't think any of these ideas will work for you, perhaps you've been thinking about something that might work instead?"
- "Ultimately, it is your decision. So, what would you like to try?"
- "You are right. I am concerned about your _____, but you are the one in control."

- ☛ "You're feeling uncomfortable with your _____."
- ☛ "I don't understand everything you are going through, but if you want to share what you've tried, maybe together we can find something that could work for you."
- ☛ "Would you like to talk about some ideas that have worked for other moms and use what works for you?"
- ☛ " _____ "

Questions to Support Self-efficacy

- ☛ "How important is this to you?"
- ☛ "How much do you want to _____?"
- ☛ "How confident are you that you can make this change?"
- ☛ "What encourages you that you can _____, if you want to?"
- ☛ "I know that it seems like such an uphill battle to _____, but now that we've discussed some options that have worked for other participants, which ones sound like the best fit for you?"
- ☛ "It sounds like you want to continue to _____. What personal strengths do you have that will help you succeed? Who could offer helpful support so you can continue to _____?"
- ☛ " _____ "

Statements and Questions for Reinforcing Positive Change-talk and New Behaviors

- ☛ "That sounds like a good idea."
- ☛ "That's a good point."
- ☛ "You are very considerate of how your decisions effect other people."
- ☛ "I can see that it's important to you to be a good parent."
- ☛ "You've really changed the way you _____. How do you feel about that?"
- ☛ " _____ "