Sample MI Questions and Statements

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?"
"______________________________________________________________"