

A Motivational Interviewing Conversation Template Based on the Four Processes with a Focus on Values and Goals

Engaging:

Begin with an open inquiry: What are three important values you hold in your life, e.g., staying healthy, attention to your family, being more compassionate?

Listen, using mostly reflections, affirmations or supportive statements; please, no closed questions, no problem solving or advising

When you feel your partner has had an ample opportunity to self-explore and express her/his perspective, you can summarize your understanding of what you heard

Focusing:

Now you might ask this question: Of these three values, which one would you like to continue to talk about now for the next few minutes?

Evoking:

Now, you might follow this approach: Use open inquiry periodically and be sure to reflect and affirm as your primary skills.

Tell me more about why this value is important to you. (Listen, reflect and affirm)

In the last month or so, what are some things you have been doing that support this value? (Listen, reflect and affirm)

In the last month or so, what challenges have you encountered in supporting this value? (Listen, reflect and affirm)

(Other question examples: How important is it to you to support this value more fully? How confident are you to give it a try?)

Planning:

Possible inquiries: What options, if any, might you be considering to more strongly support this value?

How would you go about supporting the value more strongly, if you decided to?

What would be some good steps you'd be ready to take, to support this value?

Listen, affirm and then summarize