

MI Self-Appraisal

As the interviewer, I...	<i>0- not at all</i>	<i>5- extremely well</i>
1. Provided a safe, welcoming presence with my words and actions. <i>Example:</i>	0	5
2. Engaged with and showed genuine interest in the person, e.g., what she or he enjoys, needs, values. <i>Example:</i>	0	5
3. Found out and clarified what the person wanted to focus on currently. <i>Example:</i>	0	5
4. Helped explore both sides of the person's dilemma , e.g., what's working and what's not; upsides and downsides. <i>Example:</i>	0	5
5. Avoided trying to "fix" the problem or <i>get</i> the person to change by advising, confronting, warning, or teaching. <i>Example:</i>	0	5
6. Elicited what might be some possible reasons to change, <i>if</i> the person were to decide to change. <i>Example:</i>	0	5
7. Learned about possible ways that he or she might go about making this change. <i>Example:</i>	0	5
8. Asked how important it is at this time for the person to make this change. <i>Example:</i>	0	5
9. Asked how confident she or he feels to be <i>able</i> to make this change. <i>Example:</i>	0	5
10. Inquired about what steps , if any, the person might take next. <i>Example:</i>	0	5
11. Asked permission before providing information or suggestions . <i>Example:</i>	0	5
12. Used the core skills of MI (open questions, affirmations, reflective listening, summaries) throughout the conversation.	0	5
13. Consistently demonstrated the spirit of MI:		
> <i>Partnership</i>	0	5
> <i>Acceptance</i>	0	5
> <i>Compassion</i>	0	5
> <i>Evocation</i>	0	5

Developed by Ken Kraybill based on Miller, W.R. & Rollnick, S., Motivational Interviewing: Helping People Change, 2013