

A Taste of MI

Introduce yourself to your partner and identify something each of you does out of habit and would like to change (e.g. drink caffeine, online shopping, buying things, use nicotine, bite your nails, negative self-talk). Take turns discussing each habit and use the prompts to guide your partner to consider change.

Partner #1 Target Behavior: _____

1. Why would you want to make this change?
2. *What are the **3 best reasons** to do it?*
 - _____
 - _____
 - _____
3. *If you decide to make this change, how might you go about it in order to succeed?*
4. *How important is it to you to make this change, on a scale from 1 to 10 (10=most important)?*
5. *What do you think you'll do?* _____

Partner #2 Target Behavior: _____

1. Why would you want to make this change?
2. *What are the **3 best reasons** to do it?*
 - _____
 - _____
 - _____
3. *If you decide to make this change, how might you go about it in order to succeed?*
4. *How important is it to you to make this change, on a scale from 1 to 10 (10=most important)?*
5. *What do you think you'll do?* _____

How does our style impact our outcomes?

Make one list of the ways that others can assist you in making a change*. Make a second list of the things that other people do, what while often well intended, sometimes hinder your efforts in making a change.

*Some examples of changes might include: cutting back on caffeine, weight loss, changing spending habits, improving your relationship with your children, increasing exercise, improving time management, etc.

[illegible]