

Observer Sheet

Type	Count (hash marks)	Good Examples
MI Adherent: asking permission, supporting, providing solicited information, (E-P-E)		
MI Non-Adherent: advising, confronting, expert role		
Open Questions		
Closed Questions		
Affirming Statements and/or Behaviors		
Simple Reflection (repetition or slight word change)		
Complex Reflection (adds something that was not stated, e.g., an emotion, change talk, conclusion)		
Amplified Reflection (adding to increase intensity of client's comments; for both change & sustain talk)		
Double-Sided Reflection (reflect the ambivalence in what client is saying)		
Summary		
Looking Forward with & w/o Change		
Ruler Scaling Questions (Abilities, Confidence, Readiness)		
Change Talk: Desire 1+ +5		
Change Talk: Ability 1+ +5		
Change Talk: Reasons 1+ +5		
Change Talk: Need 1+ +5		
Change Talk: Commitment 1+ +5		

Definitions & Examples

ADVISE-MI ADHERENT: *“Would you be interested in hearing how other folks in similar situations found some success?”*

ADVISE-MI NON-ADHERENT: *“Have you tried journaling?” “Here’s what I suggest, ...”*

OPEN QUESTION: Inviting person to reflect and elaborate

Example: *“How has this behavior impacted your life?”*
“What’s important to you?”

CLOSED QUESTION: Ask for specific information that can be given in a short answer

Example: *“Are you feeling better today?”*
“Do you use drugs?”

AFFIRMATION: Acknowledge the person’s strengths and efforts.

Example: *“You really tried hard this week”*
“You’re the type of person that doesn’t give up easily.”

SIMPLE REFLECTION: Convey understanding or assist clinician-client exchanges. Furthers conversation.

Example: *“You’re overwhelmed.”*

COMPLEX REFLECTION: Add significant meaning or emphasis to what client has said.

Example: *“There is a lot of pressure on you to change, and you are not sure you can do it because of difficulties you had when you tried in the past.”*

AMPLIFIED REFLECTION: Acknowledges what client is saying AND adds to the intensity.

Example: Client *“Well, I mean things aren’t perfect, but I’m happy enough in my marriage.”*
Therapist *“Things just couldn’t possibly be any better in your marriage than they are now.”*

DOUBLE-SIDED REFLECTION: Acknowledges both the change and sustain talk.

Example: *“It’s so easy and comfortable to sit on the couch and watch television, especially the programs you really like, and at the same time you want to figure out how to be more active and get into better shape.”*

SUMMARY: Reflections that collect what a person has been saying.

Example: *“Let me see if I got this: your life is pretty stressful. When you wake up in the morning you often feel bad. You have a stressful commute to work and you put in a lot of time at work, so by the time you get home you are exhausted. You’re a single mom now and there’s a constant battle with your ex-husband about getting time with your children. You’re trying to figure out how to balance it all, and feel less stressed. What did I get wrong or miss?”*

LOOKING FORWARD: Helps client predict future with and without change

Example: *“Let’s imagine nothing changes; what will life be like five years from now? Let’s imagine you choose to make this change, what is life like five years from now?”*

CHANGE TALK: A person’s own statements that favor change.

Example: *“I wish I could just make it all go away.”*

- (Desire, Ability, Reason, Need) & (Commitment, Action, Taking Steps)