

MOTIVATIONAL INTERVIEWING WORKSHEET

BI-PED PROJECT (BRIEF INTERVENTIONS: PEDIATRICS)

Emotional Health Committee Maryland Chapter American Academy of Pediatrics

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Introduction:

Tell me about.....

What do you think about...?

How do you feel about...?

Is this a problem for you or a concern? Or

Is this important to you? or

Have you considered...?

ALTERNATIVELY: USE A SCALE

On a scale of 1-10, how important is this to you?

Why did you give yourself a __ and not a __ ? (lower number)

What would it take to get from a __ to a __ ? (higher number)

(NO/ MAYBE/ YES)

NO

POSITIVES AND NEGATIVES:

What is *positive* about, the good things about what you are *currently* doing? or
What is the advantage, the upside of what you are *currently* doing?

What is *negative* about, the not so good things about what you are *currently*
doing? or
What is the disadvantage, the downside of what you are *currently* doing?

ALTERNATIVELY: How does this behavior interfere with things you may wish
to accomplish?

ALTERNATIVELY: Why do you think you keep doing what you are doing?

READINESS:

Do you think you *might* consider...? or

What do you think it might take to get from *no* to *maybe*?

TIME FRAME:

When do you think you *might* ...?

CONCLUSION:

(Reflective empathy:) “ Change can be hard” or “Having people telling you what
to do can be frustrating”

(Acceptance): “Sounds like you are not ready yet to make a change... perhaps
we can discuss it again at your next visit”

MAYBE

POSITIVES AND NEGATIVES;

**What are the *positive* things about *changing* what you are doing? or
What is the advantage, the upside of *changing* what you are doing?**

**What is *negative* about *changing* what you are doing? or
What is the disadvantage, the downside of *changing* what you are doing?**

ALTERNATIVELY: What is holding you back from changing what you are doing? or

ALTERNATIVELY: Why do you think you keep doing what you are doing?

ALTERNATIVELY: How does this behavior interfere with things you may wish to accomplish or that are important to you?

ALTERNATIVELY: Are there times in the past when you have succeeded in making a change? Tell me about them...

MAYBE CONTINUED

READINESS:

How ready are you to make a change? or on a scale of 1-10, how ready are you to make a change? or

What would it take to move forward? or

What would it take to get from *maybe* to *yes*? or

How confident do you feel you can do this? or on a scale of 1-10, how confident do you feel?

ALTERNATIVELY: Do you think you might consider...? or

ALTERNATIVELY:

What are some things you might do or try...? or

Elicit/Provide/ Elicit:

Can I make some suggestions? (Elicit)

These are some things that others have found successful (Provide)

What do you think? (elicit)

ALTERNATIVELY: How will you know when you are ready?

TIME FRAME:

What is your time frame?

When do you think you might start?

ALTERNATIVELY: How much time do you think you will need to start?

CONCLUSION AND FOLLOWUP:

Summarize the discussion or have the patient summarize

Would you like to return to discuss this further ?

YES (PREPARE A PLAN)

POSITIVES AND NEGATIVES:

What is positive or what are the good things about your plan?

What is negative or what are the bad things about your plan?

What kinds of things may get in the way of your plan and how will you overcome them?

READINESS:

How ready are you to begin? or

How confident do you feel that you can do this? or on a scale of 1-10, how confident do you feel?

TIME FRAME:

When will you begin?

CONCLUSION AND FOLLOW UP:

Summarize the plan or have the patient summarize it

When do you want to call me to let me know how the plan is going?

When do you want to return to talk about how the plan is going?

