Motivational Interviewing Planning

Urban Indian Health Institute
A Division of the Seattle Indian Health Board

1) Focus the interview on planning:

- So what do you think you will do next?
- So where will you go from here?

2) Help your client think through *how* they might change by using a mental check list:

- Who
- What
- When
- Where

Important: When planning, you will discover how ready your client is. You can plan with all clients; just make sure you choose your words wisely. Example for clients who are not ready:

"If you were to decide someday to make a change, how would you do that?"

Often in MI, planning doesn't take up very much of the interview, so don't feel that your interview has failed if you don't come up with a highly detailed change plan.

Examples of ways you can guide your client to think about a plan:

- What are some specific areas or ways in which you want to change?
- What are some positive goals that you are thinking about? What do you hope will happen as a result of the change?
- What benefits can you expect from the change?
- Which motivations for change seem most important to you?
- Within the general plan, what are some specific first steps you might take?
- When, where and how will you take these steps?
- What are some specific ways that others can help support you in your change attempt?
- How will you go about eliciting others' support?

(Downloaded from www.motivationalinterview.org)