Personal Reflection:
A Motivational Interviewing Prayer

Introduction by William R. Miller, a founder of Motivational Interviewing (MI):

Living in the American Southwest, I have often been privileged to talk with Native American Providers about Motivational Interviewing. Some have told me that this respectful way of relating to others is quite compatible with tribal conversational norms. A tribal leader once observed, however, that in order to teach MI to American Indians, it should have a prayer, a song, and a dance. I leave the dance and song to more capable people, but I did craft this prayer with the help of Raymond Daw. This particular version reflects meditative preparation to work with a female client, but the pronouns can easily be changed (Miller & Rollnick, 2013).

Guide me to be a patient companion,
    to listen with a heart as open as the sky.
Grant me vision to see through her eyes
    and eager ears to hear her story.
Create a safe and open mesa on which we may walk together.
    Make me a clear pool in which she may reflect.
Guide me to find in her your beauty and wisdom,
    knowing your desire for her to be in harmony:
        healthy, loving and strong.
Let me honor and respect her choosing of her own path,
    and bless her to walk it freely.
May I know once again that although she and I are different,
    yet there is a peaceful place where we are one.