MI STRATEGIES CARD

ASK PERMISSION: Do you mind if we talk a bit about your **insert behavior?** (smoking, hypertension, medication use, drinking)

DECISIONAL BALANCING: *Helps people to resolve their ambivalence by evaluating the pros and cons of the behavior they want to change.*

What are some of the **Good Things** about your **insert behavior?**

It sounds like there are some good things about **insert behavior** (insert specifics if you want). *Reflection*

Now what about the **Less Good Things**?

It sounds like there are **ALSO** some less good things about **insert behavior** (insert specifics if you want). *Reflection*

Taking the good and less good things together, **where are you Now**?

READINESS RULER: *People are at different levels of readiness to change. It helps to know and operate at the level where they are in order to minimize resistance and gain cooperation.*

1	2	3	4	5	6	7	8	9	10
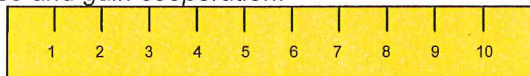
Definitely NOT Ready to Change   **Definitely Ready to Change**

On a scale from 1 to 10, where **1 is Definitely Not Ready to Change** and **10 is Definitely Ready to Change,** what number best reflects how READY you are at the **present time** to change your **insert behavior?**

On this same scale, **where were you 6 months ago**?

How did you go from (**# 6 mo. ago**) to (**# now**)?

What would it take for you to change your **insert behavior**?

What would be the **best outcome** if you do change?

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