



MOTIVATIONAL INTERVIEWING FIDELITY WORKSHEET MINUTE-BY-MINUTE ELEMENTS

Name: _____

Date: _____

Instructions: Use this worksheet as a way to monitor the strategies that you are using, not using enough, and would like to use more of. Feel free to make copies and check off, at the end of a session/group with client(s).

CRITICAL ELEMENTS	THE MAJORITY OF THE TIME	PRESENT	ABSENT
Positive Reinforcement and Affirmations	<i>At least one of the following:</i> Encouraging, Affirming Counselor supports and promotes clients sense of Self-Efficacy		
Reflective listening <i>(Initially in individual sessions; eventually in groups)</i>	At least one reflection for every <u>2</u> questions		
Use mostly Open-Ended questions	Counselor asks questions that require more than 1-2 word answers		
Summarizing	Reminds client about major discussion points: <ul style="list-style-type: none"> ✓ The Plan of Action ✓ Their own reasons for taking action Remind client what they said or <i>point out connection between statements.</i> Transition to new topic or next steps.		
Eliciting or Reinforcing Self-motivated statements / Change Talk	Reinforce a client's Self-Motivational statement		
DARN CAT	Elicit Desire, Ability/Skills, Reasons, Need for change; Reinforce Commitment, Activate, Taking Steps		

ROAD BLOCKS	ANY ONE OF THE FOLLOWING:	PRESENT	ABSENT
Confrontational	Counselor style does not include any of the following: Attacking; Harsh; Disrespectful; Mean spirited comments aimed at the client(s)		
Sarcastic	Counselor does not direct cutting remarks; belittling comments; taunting phrases or ridiculing comments toward the client(s)		
Interrupting clients	Counselor does not repeatedly break in when client(s) are speaking or not allowing them to complete a sentence		