



Sample MI Questions and Statements

Statements for Reflective Listening (Express Empathy):

- "You're feeling uncomfortable with your _____."
- "You are angry with/about _____."
- "You're feeling uncomfortable with your _____."
- "You are angry with/about _____."
- "You've tried to do _____ before and it has not worked for you."
- "You are frustrated with trying to _____."
- "So, if I understand you so far, you _____."
- "You are wondering if you should do something about _____."
- "I can see how you might feel _____ at this point."
- "_____"

Statements and Questions to Develop Discrepancy

- "You have said that you know _____ is the best choice, but that it won't fit with your lifestyle. What are some of your concerns about fitting _____ into your current lifestyle?"
- "What is it about your _____ that others may see as reasons for concern?"

"It's okay if you don't think any of these ideas will work for you, perhaps you've been thinking about something that might work instead?"

- "Ultimately, it is your decision. So, what would you like to try?"
- "You are right. I am concerned about your _____, but you are the one in control."

- "You're feeling uncomfortable with your _____."
- "I don't understand everything you are going through, but if you want to share what you've tried, maybe together we can find something that could work for you."
- "Would you like to talk about some ideas that have worked