Sample MI Statements and Questions

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."
- "__________________________________________________________________________"
• "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 for other moms and use what works for you?"
• "______________________________________________________________"

Questions to Support Self-efficacy

• "How important is this to you?"
• "How much do you want to _______________?"
• "How confident are you that you can make this change?"
• "What encourages you that you can ______________, if you want to?"
• "I know that it seems like such an uphill battle to ____________, but now that we’ve discussed some options that have worked for other participants, which ones sound like the best fit for you?"
• "It sounds like you want to continue to ____________. What personal strengths do you have that will help you succeed? Who could offer helpful support so you can continue to ____________?"
• "______________________________________________________________"

Statements and Questions for Reinforcing Positive Change-talk and New Behaviors

• "That sounds like a good idea."
• "That's a good point."
• "You are very considerate of how your decisions affect other people."
• "I can see that it’s important to you to be a good parent."
• "You’ve really changed the way you ____________. How do you feel about that?"
• "______________________________________________________________"