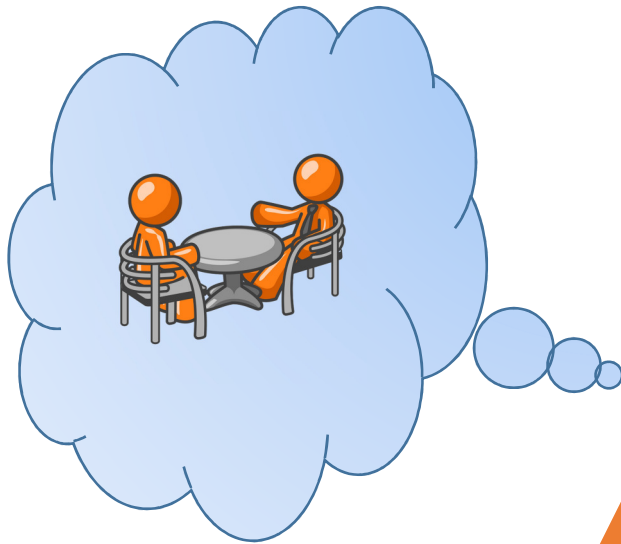
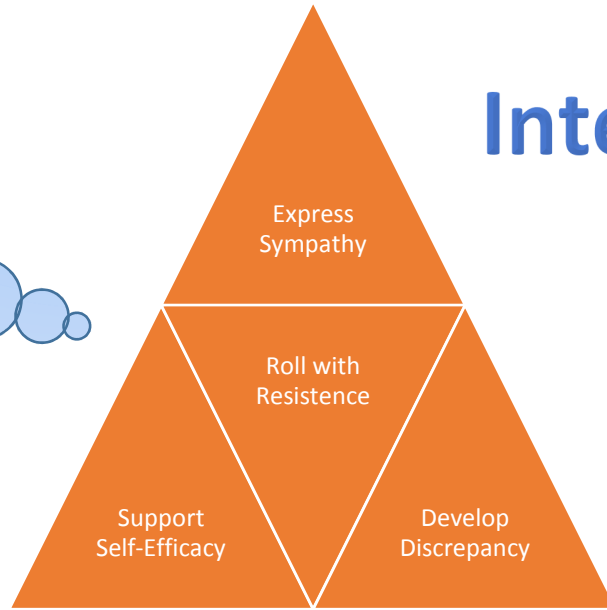


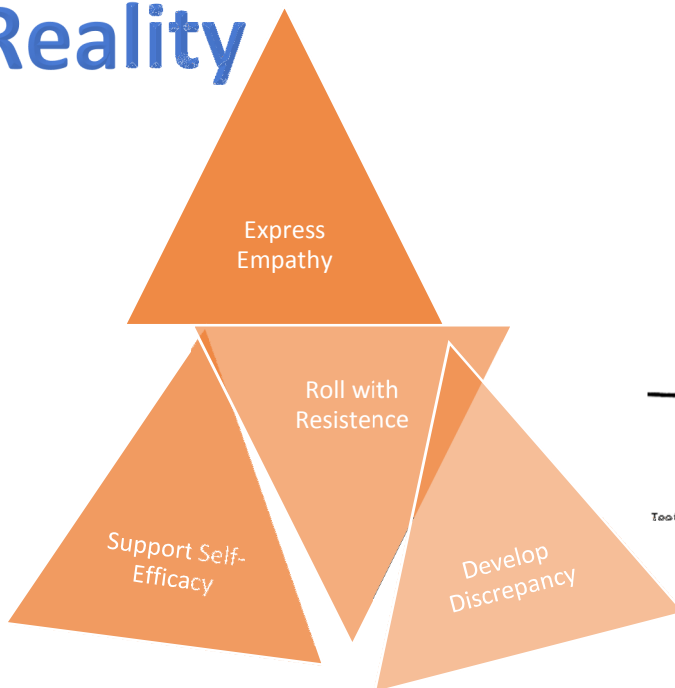
Motivational Interviewing



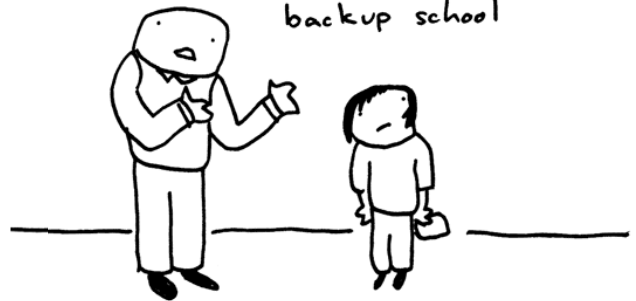
Intention



Reality

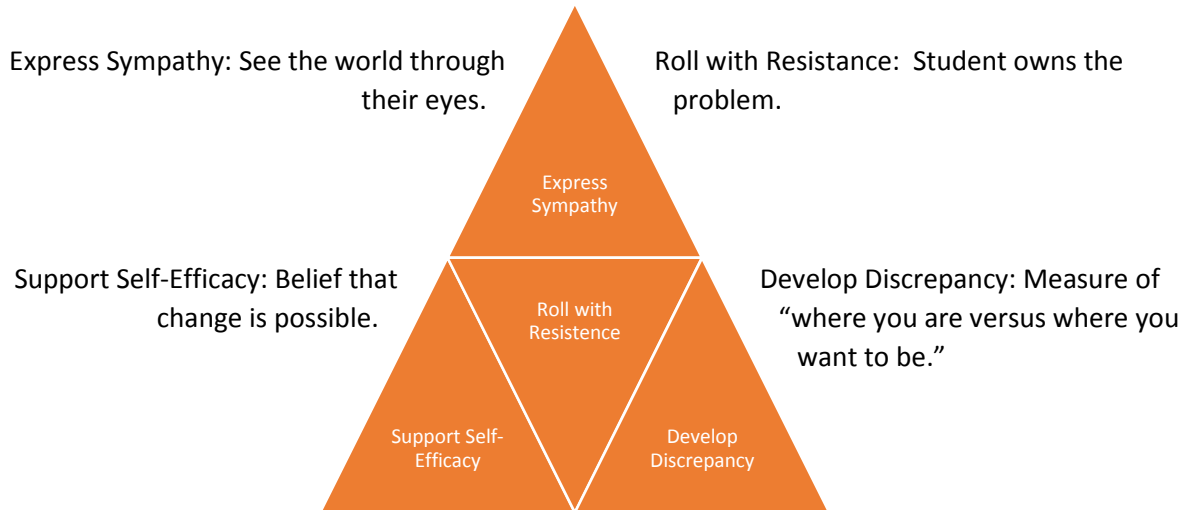


i've reviewed your college plan, and as your counselor, i don't think you should list "being cool" as your backup school



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Principles of Motivational Interviewing



A Walk through of Motivational Interviewing Strategies:

Open-ended questions create forward movement

Affirmations recognize strength and rapport

Reflections bring to life empathy and is a key transition to change

Summaries communicate interest, understanding and call attention to elements

Change Talk:

Desire (I want to change)

Ability (I can change)

Reason (It's important that I change)

Need (I should change)

Commitment (I will make changes)

Activation (I am ready, prepared and willing to change)

Taking Steps (I am taking **specific actions** to change)

