A Diagramed Overview of MI Strategy

The MI Spirit
(How the Conversation should feel)

- Partnership
- Acceptance
- Compassion
- Evocation

Micro Skills
(Behaviors to support the Spirit)

- Open Questions
- Affirmations
- Reflections
- Summary Statements

Language Cues

Four Processes
(Micro Skill Strategy)

- Engage
  - Dance with Discord
  - Express Empathy
- Focus
  - No Topic or Wandering
- Evoke
  - Develop Discrepancy
  - Support Self-Efficacy
- Plan
  - Commitment Talk
  - Sustain & or Change Talk
  - Discord