

**Brief Intervention / Motivational Interviewing Checklist**

Mark X if completed

<b>1. Build Rapport</b>	Begin with an allying statement. <i>"Tell me how [the habit] fits into your life."</i>	
<b>2. Elicit Pros</b>	What does the individual like about the habit?	
<b>Elicit Cons</b>	What does the individual dislike about the habit?	
<b>3. Give Advice - Permission</b>	Ask permission first, before giving advice	
<b>Give Advice</b>	Give advice with neutral language ( <i>not "good" / "bad"</i> )	
<b>4. Readiness / Plan</b>	Assess readiness to change (e.g. with a scale)	
<b>Elicit an Action Plan</b>	Get an action plan from the interviewee	
<b>Make it Specific</b>	The plan should be precise and directly actionable	
<b>5. Summarize Conversation &amp; Plan</b>	Summarize the conversation and plan	

**Motivational Interviewing Principles**

<b>Roll with Resistance</b>	Accept/acknowledge the individual's resistance to change	
<b>Express Empathy</b>	Use ≥1 empathetic statement	
<b>Reflect</b>	Use ≥1 reflection	

**Overall Effect:**

(You) the listener felt that the interviewer was genuine	
<b>Total</b>	/ 13