

Confidence in MI skills questionnaire self assessment		Confidence				
		Low				High
1	Working in a collaborative/partnership manner that respects the clients expertise and perspective	0	1	2	3	4
2	Support the clients right & capacity for self direction	0	1	2	3	4
3	Recognize the clients stage of change	0	1	2	3	4
4	Tailor my approach to match the client's stage of change	0	1	2	3	4
5	Use reflective listening techniques more frequently than questions	0	1	2	3	4
6	Use open-ended questions more frequently than closed or yes/no questions.	0	1	2	3	4
7	Work with clients to resolve ambivalence about behaviour change	0	1	2	3	4
8	Explore with clients the "good" and "not so good things" about behaviour change	0	1	2	3	4
9	Explore with clients the discrepancy between their current behavior & their future goals	0	1	2	3	4
10	Help client weigh the "pros" and "cons" of their behavior & the "pros" and "cons", of behaviour change	0	1	2	3	4
11	Recognize ways clients express resistance to behaviour change	0	1	2	3	4
12	Recognize resistance as a signal to change approach with client	0	1	2	3	4
13	Support clients self-efficacy by believing change is possible	0	1	2	3	4
14	Offer affirmations for the client's positive behaviours or strengths	0	1	2	3	4
15	Summarize for clients your understanding of their challenges	0	1	2	3	4
16	Use a double-sided reflection to convey their current dilemma	0	1	2	3	4
17	Recognize when the client is using "change talk"	0	1	2	3	4
18	Use "change talk" to begin negotiating a change plan	0	1	2	3	4