



## Motivational Interviewing – Into Practice

### Learning Activity Week #7

#### I. Planning for Change

- a. Thoughtfully listen to conversations throughout the week – or use examples from your previous experiences:
  - i. Bring 1 example of:
    1. Someone who **is not ready** for planning: Identify the language and behaviors of someone who is not yet ready for planning. What would you do next to engage them in a conversation about change?
  - ii. Bring 1 example of:
    1. Someone whose **is ready** for planning: Identify the language and behaviors of someone who is ready for planning. What is the indication of readiness? Describe how you proceed to keep readiness on the agenda.
  - iii. Bring one example of:
    1. Someone it is **difficult to tell** or you are **“unsure”** if they are ready for planning. Identify the language and behaviors that are putting them “on the fence”.