



## **Motivational Interviewing – Into Practice Learning Activity Week #4**

- 1.** Pick one or more of the 4 ways below to explore ambivalence with a client, colleague, or friend:
  - a. Decisional Balance
  - b. Readiness Ruler
  - c. Importance Ruler
  - d. Confidence Ruler
- 2.** Have a conversation about change with that person.
- 3.** Be able to discuss your experiences on how it went for the client – and – how it was for you.

**Remember to use your journal to document your course experiences!**