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**An Early Intervention ­** **TAKE 2: “A Taste of MI!”**

**Speaker Role – be yourself:**

 Talk to the listener regarding something about yourself that you

* Want to change
* Need to change
* Should change
* Have been thinking about changing

**BUT you haven’t changed yet**

i.e. – Something you are ***AMBIVALENT*** **about.**

**Practitioner Role**

 Ask the open questions listed below. Listen carefully to the speaker with a goal of understanding the dilemma. Feel free to respond a little bit and affirm, but **GIVE NO ADVICE!**

* **What is the change you are considering?**
* **What, if anything concerns you about making the change?**
* **What makes this change important to you?**
* **What else makes it important**
* **What kinds of steps do you think you will need to take to move in the right direction?**
* **What is one thing you could do fairly soon to start the process, if you choose to?**