

Motivational Interviewing Self-Evaluation	Did Well	Needs Work
1. Did I use open-ended questions? (i.e., ask questions that can't be answered yes or no)		
2. Did I affirm the strengths and change efforts of the person? (i.e. give praise to positive changes that the person is expressing)		
3. Did I make reflective statements? (e.g. repeat the exact words to show importance, paraphrase to amplify the thought or feeling with a slightly different slant, use an analogy, make an inference, or make summary statements)		
4. Did I foster a collaborative relationship? (e.g. try not to do most of the talking, emphasize the importance of the person's decisions and wish to change)		
5. How motivated for change did the person seem to be?		
6. Did I find or could I develop a discrepancy that might motivate change?		
7. What pros and cons are there to changing, in the person's mind?		
8. Did I discuss change planning? (e.g. discuss goals, like wanting more information; thinking about what they want to change; first steps; who would support or oppose the goals; what obstacles do they see)		
9. Did I avoid giving unsolicited advice, directions, or feedback?		
10. Did I avoid being critical?		
11. Did I avoid direct confrontation?		
12. Did I avoid asserting authority? (i.e. telling them what to do)		
13. Did I avoid closed-ended questions? (i.e. questions that could be answered with yes or no answer)		
Adapted from NIDA Clinical Trials Network Training, Section G: Motivational Interview Rating Guide and Forms. https://motivationalinterviewing.org/sites/default/files/mia-step.pdf		