**Motivational Interviewing**

“Motivational Interviewing is a collaborative, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ form of guiding to \_\_\_\_\_\_\_\_\_\_\_\_\_\_ and strengthen the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to change.”1

**Ambivalence**

Ambivalence is a central concept to motivational interviewing2,8. This is when a person has \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feelings about change5 and isn’t sure which choice to make9.

Motivational interviewing can help someone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ambivalence2,8.

**The Spirit of Motivational Interviewing**

The spirit of Motivational interviewing can be outlined with four concepts5:

* 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
	4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



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