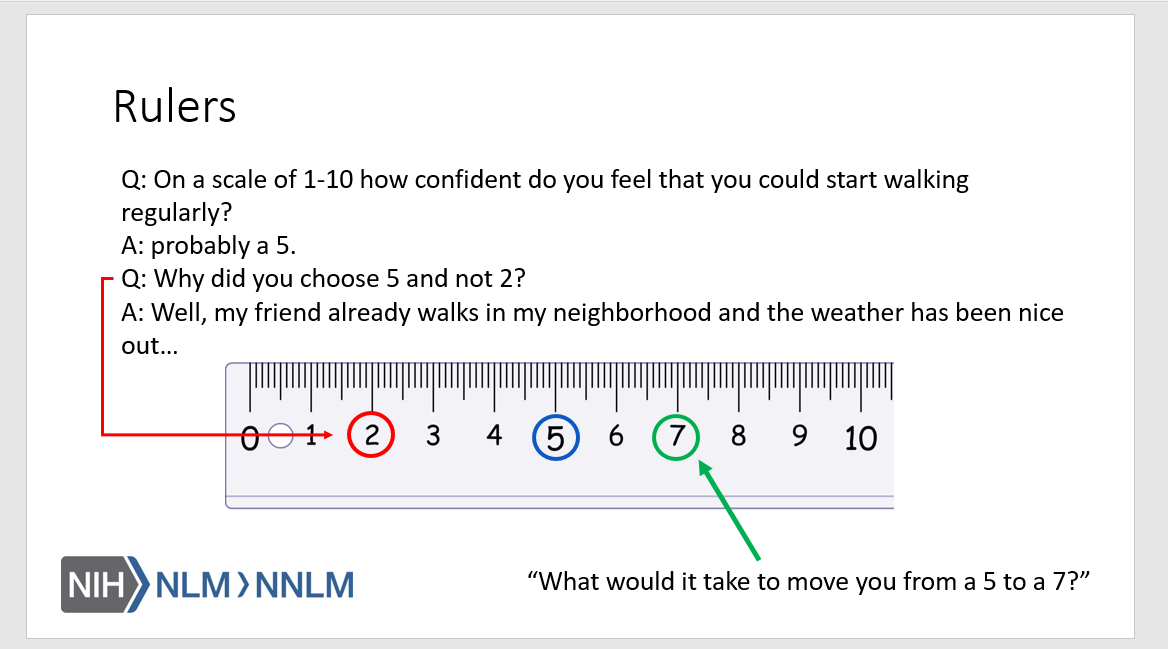
Hi everyone,

Thank you for attending our fifth Clinical Conversation about MI and the contemplation stage. One thing we discussed was the use of importance and confidence rulers. These can increase someone’s confidence and motivation to change1,2,3, which is important when someone is in contemplation4.

References:

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3. Center for Substance Abuse Treatment (1999). Enhancing Motivation for Change in Substance Abuse Treatment. Treatment Improvement Protocol (TIP) Series, No. 35. HHS Publication No. (SMA) 12-4212. Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved from URL to Source
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