

# Conversations for Change: MI Micro-skills Worksheet

This worksheet is designed to accompany the video, *Conversations for Change: Motivational Interviewing for Tobacco Cessation*. This video demonstrates the heart-set, processes, and micro-skills used in Motivational Interviewing (MI) as it is applied to conversations about tobacco cessation.

A key aspect of MI is adopting the right “heart set.” This involves approaching people from four underlying perspectives:

- Partnership – Active collaboration
- Autonomy – Demonstrate respect for a person’s unique perspective
- Compassion – Focus on a person’s well-being
- Evocation – Drawing on a person’s strengths, abilities, and ideas for moving forward

## Microskills

In the space provided, write down examples of each of these micro-skills as they are demonstrated in the video.

Open  
Question

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Affirmation

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Reflection

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Summarization

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## Questions to Consider

At the end of the video, consider these questions to facilitate your individual learning or a group discussion.

1. In the “This is NOT MI” segment, what stood out to you as statements or actions that contributed to the standoff?
2. In the “This is NOT MI” segment, what could the provider have said/done differently to turn the conversation around?
3. In video segments 2-4, what did the provider say or do that you particularly liked?
4. What are the benefits to using the MI approach?
5. What are the challenges to using the MI approach?

How will you integrate the MI micro-skills demonstrated in this video into your daily interactions with patients/clients?

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