**Implementation of Motivational Interviewing Skills**

Instructions: Over the next week, please attempt to practice the motivational interviewing skills which were discussed in lesson 1 & 2. The opportunity to practice these skills could be with a client, friend or family member. Please write down 2-3 points for each question.

Question 1: Describe the setting of the interaction and some detail of what brought the person to have this conversation with you. Please respect confidentiality of your client by omitting or changing identifying details.

Question 2: Which skills did you use?

Question 3: What were you hoping to accomplish?

Question 4: What went well in your interaction? (Think about how you felt with the interaction and how your client/friend/family reacted.)

Question 5: If you have another chance to meet this person, what may you do differently?