**Breakout Exercise #1 - Reflecting on an encounter with a client using the Spirit of**

**Motivational Interviewing**

**Please take a moment to think about a challenging client, someone who left you with a**

**uneasy feeling. Now that you have your client, please consider your use of the Spirit of**

**Motivational Interviewing when you worked with them and answer the following**

**questions:**

1. **Was this an isolated encounter?**
2. **Are there areas in the Spirit of MI in which you feel more confident?**
3. **Brainstorm with your colleague how you could enhance your next encounter with this client.**

 **Breakout Exercise #2 -- Embracing the Power of Open-ended Questions**

**Please take a moment to think of a situation where you were caught in a “question answer**

**trap”.**

**Discuss this situation with your partner and develop 2 open-ended questions to try in the**

**future.**

**Breakout Exercise #3 -- Developing Connections Using Affirmations**

**Please take a moment to think of an individual (client, friend or family member) and**

**develop a list of this person’s strengths. After you come up with the person’s strengths**

**please develop 2 affirmations. Remember the affirmations should start with “You”.**

**Strengths:**

**1.**

**2.**

**3.**

**Affirmations:**

**1.**

**2.**

**Breakout Exercise #4 Practice Reflections**

**Please take a moment to think of two quotes from your clients.**

**Once you have your quotes come up with simple and deep reflections.**

1. **Simple**
2. **Deep**
3. **Simple**
4. **Deep**

**Breakout Exercise # 5 Change Talk Activity:**

**Take a moment and think of a client you are dealing with how is finding it challenging to**

**make a behaviour change.**

**Think of an open-ended question that will focus on the different aspects of D.A.R.N.**

**Desire**

**Ability**

**Reason**

**Need**