

# Motivational Interviewing Cheat Sheet

## Open questions

- What brings you here today?
- Can you describe your experience with this situation?
- How do you feel about the recent changes in your life?
- In what ways has this issue been affecting you?
- What are your thoughts on the goals you want to achieve?
- Could you share more about your perspective on this matter?
- How would you like things to be different in the future?
- What factors do you think contribute to the challenges you're facing?
- Tell me about your understanding of the current situation.
- What do you think might be helpful for you in addressing this issue?

## Affirmations

- I admire your resilience in facing challenges head-on.
- You have shown great dedication and commitment to your goals.
- I appreciate your openness and honesty in our discussions.
- Your ability to stay focused on your priorities is truly commendable.
- I see the progress you've made, and it's inspiring.
- You possess valuable insights that contribute to our conversations.
- Your determination to learn and grow is evident and impressive.
- I notice your kindness and empathy towards others.
- You have a unique perspective that adds depth to our interactions.
- I believe in your capacity to overcome obstacles and succeed.

## Reflective listening

- So, if I understand correctly, you're saying that...
- It sounds like you're feeling...
- If I heard you right, you're expressing that...
- Let me make sure I got this right; you're experiencing...
- You mentioned [specific point]; can you tell me more about that?
- It seems like [summary of their feelings or thoughts]. Am I on track?
- I hear you saying [key point]. Is that capturing the essence of your experience?
- So, if I reflect back what you've shared, it's that...
- You've highlighted [aspect]; can you help me understand that better?
- If I'm understanding you correctly, this is important to you because...

## Summaries

- Let me recap what we've discussed so far: You're facing [challenge], and your main goals are [goal 1] and [goal 2].
- If I understand correctly, your current situation involves [summary of the situation], and you're looking for support with [specific aspect].
- In summary, you've shared your experiences with [topic], and it seems like [main observation]. Am I capturing the essence of your story?
- To summarize our conversation, you've expressed [main point 1], [main point 2], and [main point 3] as your priorities moving forward.
- If I were to put it succinctly, you're feeling [emotion] because of [situation], and your ideal outcome would be [desired outcome].
- Let's review: Your concerns are related to [topic], and you're considering [possible solution]. Did I capture the key elements correctly?
- From what I've gathered, the main challenges you're facing are [challenge 1], [challenge 2], and [challenge 3]. Is that an accurate summary?
- In a nutshell, your perspective is [summary of perspective], and you're seeking [specific support or resolution].
- To sum up our discussion, it seems like [main observation], and you're interested in exploring [potential next steps].
- So, if I were to give a brief overview, you've outlined [key points], and we're considering [potential actions]. Is that a fair summary?