

This exercise comes from Terri Moyers. Below are statements that providers make about learning or practicing MI. Practice making reflections saying the grain of truth and a balancing statement that expands the perspective without arguing for the change.

Roadblock	Grain of Truth	Balancing Thought
“ I don’t have time”		
“I need the facts to help me make a decision.”		
This person is destroying themselves with this problem so that I have to do something riskier than engaging.”		
“I can’t be nice because i might have to impose a punishment later.”		
“ My client will think that i don’t know what i am doing if I don’t show them my expertise.”		

Roadblock	Grain of Truth	Balancing Thought
<p>“Using reflections feels disrespectful to me-I don’t want to put words in my client’s mouth.”</p>		

