

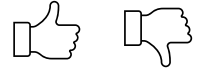
# RATING SAMPLES FOR MI SPIRIT

BELOW are some examples of client statements and coach responses. Review these exchanges and then decide if the helper's response is consistent with the spirit of MI (thumbs up) or not (thumbs down), then make a note or two about why you made that choice.

## SCENARIO #1

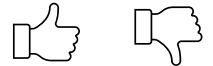
CIRCLE ONE:

<i>Amy:</i> I hate it when he gets violent like that but most of the time he treats me great.	<i>Coach:</i> I wonder what you could do to try and prevent him from getting so angry?
<i>Why?</i>	



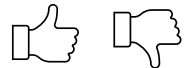
## SCENARIO #2

<i>Amy:</i> I hate it when he gets violent like that but most of the time he treats me great.	<i>Coach:</i> You feel two ways about this. On the one hand he does things that you hate but on the other hand he has some really good qualities.
<i>Why?</i>	



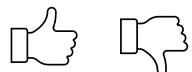
## SCENARIO #3

<i>Amy:</i> I hate it when he gets violent like that but most of the time he treats me great.	<i>Coach:</i> You really dislike when he hurts you like that. It concerns me too. Would you mind if we spend some time today talking about ways to keep you and the kids safe?
<i>Why?</i>	



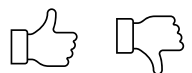
## SCENARIO #4

<i>Jodie:</i> I know the depression is always there, but the last counselor I went to made me feel like it was all my fault. Counseling won't help and I don't like the way the medicine made me feel.	<i>Coach:</i> You would like to do something about the depression but it feels like there aren't any good options for you.
<i>Why?</i>	



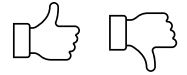
## SCENARIO #5

<i>Jodie:</i> I know the depression is always there, but the last counselor I went to made me feel like it was all my fault. Counseling won't help and I don't like the way the medicine made me feel.	<i>Coach:</i> You might not be the cause of your depression but you will have to play a part in getting better.
<i>Why?</i>	



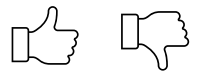
## SCENARIO #6

<i>Jodie:</i> I know the depression is always there, but the last counselor I went to made me feel like it was all my fault. Counseling won't help and I don't like the way the medicine made me feel.	<i>Coach:</i> It sounds like you are feeling a little hopeless about the depression ever getting better. Only you can decide whether to keep exploring other options. Would you like to discuss some options today?
<i>Why?</i>	



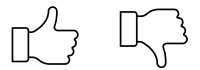
## SCENARIO #7

<i>Maria:</i> I know I probably should go to the doctor to figure out what's wrong but it is so uncomfortable for me. I haven't visited a doctor in years.	<i>Coach:</i> This really can't wait. Let's call the doctor now together and get an appointment.
<i>Why?</i>	



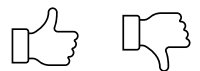
## SCENARIO #8

<i>Maria:</i> I know I probably should go to the doctor to figure out what's wrong but it is so uncomfortable for me. I haven't visited a doctor in years.	<i>Coach:</i> You sound kind of stuck because a part of you is concerned about the symptoms you're having but a part of you also fears visiting the doctor.
<i>Why?</i>	



## SCENARIO #9

<i>Maria:</i> I know I probably should go to the doctor to figure out what's wrong but it is so uncomfortable for me. I haven't visited a doctor in years.	<i>Coach:</i> You are between a rock and a hard place – you're scared either way. I don't know what the right answer is for you. Would it be OK with you if we talk about what makes the doctor visits so difficult?
<i>Why?</i>	



## SCENARIO #10

<i>Maria:</i> I know I probably should go to the doctor to figure out what's wrong but it is so uncomfortable for me. I haven't visited a doctor in years.	<i>Coach:</i> I'm really scared for you that these symptoms might be serious. As hard as it is, if I were you I would find the courage to visit the doctor. Don't you think your life is more important than a few minutes of being uncomfortable.
<i>Why?</i>	

