

MI Supervision Informal Observation Tool

Behavior Categories and Descriptions		Behavior Frequency	Examples
MI Adherent	Asking Permission Before giving information or advice		
	Affirming Statements that point out a strength or giving credit for statements or action in the direction of change		
	Emphasizing Personal Choice and Control Explicitly acknowledge and respect a person's autonomy		
Questions	Closed Can be answered with "yes" or "no"; short answer (restricts range of response)		
	Open Allows wide range of possible answers; may encourage self-exploration		
Reflections	Convey understanding of what was stated; convey deeper more complex picture of what individual said; or tie multiple statements together		

Behavior Categories and Descriptions		Behavior Frequency	Examples
MI Non-Adherent	<p>Pre-mature Focus Addressing what you feel is important, rather than the concerns of the person</p>		
	<p>Confront Disagreeing, arguing, correcting, shaming, blaming, criticizing, labeling, moralizing, ridiculing or questioning person's honesty</p>		
	<p>Taking the Side of Change Offering the rationale for making a change</p>		
	<p>Advise Giving advice or making a suggestion without permission; offering possible solutions without exploring person's perspective</p>		
	<p>Direct Giving orders or commands</p>		