

## Effective Motivational Approaches: *The Building Blocks Worksheet*

To help you better understand these concepts, identify a behavior that you would like to change, but have not yet changed.

Note this behavior here: \_\_\_\_\_

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### 1. Giving ADVICE

In the space provided below, write down the specific advice you would find useful in assisting you to change the behavior previously identified.

### 2. Removing BARRIERS

List significant BARRIERS that may be preventing you from changing the behavior you identified previously:

Circle the most significant BARRIER and generate 3 – 5 strategies that could be used to remove that barrier.

### 3. Providing CHOICE

BRAINSTORM all the different options you could implement to help you change the behavior you noted

Select 1 – 2 options you feel most comfortable choosing, that seem right for you

### 4. Decreasing DESIRABILITY

What do believe are the ‘consequences’ or ‘outcomes’ that cause you to maintain the behavior you wish to change? (perceived desirability)

What consequences -- of the behavior you want to change -- do you experience that you believe are harmful? (negative consequences)

**5. Practicing EMPATHY**

Think about an experience you have had whereby you shared very important and/or personal information with someone and you felt understood and cared about  
List the characteristics this person exhibited that you believe caused you to feel this way

**6. Providing FEEDBACK**

Has anyone given you 'feedback' about the behavior you wish to change?

If you were a client you were working with, what feedback might you give to the client about the behavior you wish to change?

**7. Clarifying GOALS**

Refer to the feedback you gave to yourself (previous exercise).

How does your current status (feedback) compare with where you want to go (goal)?

Is your goal clear, realistic, and attainable?

**8. Active HELPING Attitude**

If you were your client, what actions taken by a HELPER would let you know that the HELPER truly cares about you and your change process?

**9. Fostering SELF-EFFICACY**

Do you have the skills needed to behave in the way you desire?

List one or more workable solutions to achieve your desired behavior (*pathways thinking*)

Do you believe you are able to initiate and continue to execute your solution noted above? (*agency thinking*)

Glk 6/06

Reference: Miller W and Rollnick S. 1991. Motivational interviewing. Guilford Press: New York, New York