

## Motivational Interviewing Do's and Don'ts

What to do	What not to do
Support autonomy	Take responsibility or take control
Guide	Prescribe
Evoke intrinsic motivation and confidence	Tell young person how and why to change
Create an atmosphere of warmth and acceptance	Focus on behavior change or problem-solving at the expense of empathy
Elicit discrepancy	Emphasize external demands as reasons to change
Active listening	Convince or interpret
Promote behavior-specific optimism	Focus on global self-worth or set unrealistic goals
Collaborate around goals and tasks of treatment	Assume to know what the “real” problem is or to have the best solutions

Found in: Naar-King, S., & Suarez, M. (2021). *Motivational interviewing with adolescents and young adults*. The Guildford Press.