

## 5 Steps of Motivational Interviewing Brief Negotiated Intervention

- 1) Ask Permission to raise subject
- 2) Provide Feedback
- 3) Enhance motivation
  - “On a scale of 0 to 10... (0= not at all important 10= very important)  
how ready are you to \_\_\_\_\_?”
  - “Why not lower?”
- 4) Develop a plan
  - Set a Goal
  - Identify & plan around any barriers
  - Identify support and schedule follow up

