

**Motivational Interviewing**  
**MI SECOND BRAIN**

<b>WHYs/Values/Top of Mountain</b>	
<b>Whats and Hows</b>	

	<b>Hearing it</b>	<b>Possible responses</b>
<b>Resistance Talk</b>		
<b>Sustain Talk</b>		
<b>Change Talk</b>		