



Clutch.....Gas.....Go!

(How to use MI while also reinforcing boundaries, rules, and “if...then...” situations of informed choice)

Clutch: Reflections of Expressing Empathy (Reflect the other person’s perspective, thoughts, feelings)

“You’re feeling.....”

“It’s like.....for you.”

“For you it seems as if.....”

“The way you see it....”

“Your experience so far.....”

Gas: Reflections that GUIDE (Reflect Change Talk – what they want, need, value)

“What you would prefer is if.....”

“Things would work better for you if.....”

“You want things to be different because

“You really value....”

“You would like for

GO: Clarify the boundary of your clinic/likelihood of outcomes, etc., then ask an Open Question for where to go from here to accomplish what they are wanting, etc.

Boundary/Rule/Policy/Expectation	Open Question about their Choices/Thoughts/Ideas
“Now that you are aware that”	“...what options do you see you have?”
“Knowing that the evidence shows.....”	“...what choices do you think will work best for you?”
“Since that is not something we can do...”	“...where would you like to go from here?”
“Given that here we can/policy remains...”	“...what are your thoughts about choosing to follow them or not and what will ultimately work best for you?”
“If you do ___ then this what would likely happen is ___”	What do you make of that in terms of where you want go from here?