



Motivational Interviewing – Into Practice Learning Activity Week #4

- 1.** Pick one or more of these rulers to explore the client's behavioral change goal with a client:
 - a. Importance Ruler
 - b. Readiness Ruler
 - c. Confidence Ruler

- 2.** Be able to discuss your experiences on a.) how the person responded and b.) how it was for you.

Remember to use your journal to document your series experiences!