

## MOTIVATIONAL INTERVIEWING – Into Practice

### Vignette #1 – Cigarettes Are My Life

**Worker:** Hi, Conrad. It's good to see you. Thank you for making the time to come in today and talk about smoking. Tell me about how smoking fits in your life right now.

**What is the worker doing?**

**Conrad:** If I could, I'd have a cigarette right now. Yes, I would, because I like to smoke.

**Worker:** You came in to talk knowing that you weren't able to smoke. That takes commitment on your part.

**What is the worker doing?**

**Conrad:** Yes, but you need to understand that my whole life is based around a cigarette. When I get in my car I smoke a cigarette. Even though I can't smoke on the job, I take breaks during the day. In the old days I used to be able to smoke anywhere, it was a lot easier then. But yeah, if I could have a cigarette right now I would.

**Worker:** Smoking is a big part of your life right now. What are some of the good things about smoking?

**What is the worker doing here?**

**Conrad:** It relaxes me. I hang out with my buddies at break. I've been doing it all my life.

**Worker:** Is it ok if I ask you another question? (Conrad nods his head "yes") What are some of the not-so-good things about smoking?

**What is the worker doing here?**

**Conrad:** Damn, it's expensive. My family is bugging me, my doctor, everywhere I go smoking is a problem and it's harder and harder to find a place to smoke IN PEACE.

**Worker:** If it's ok with you, I'd like to summarize to make sure I understand. So some of the not-so-good things about smoking, is that it's expensive, its' getting harder and harder to find a place to smoke. Your family, your doctor are all bugging you and you just want to find some peace.

**What is the worker doing here?**

**Conrad:** {heavy sigh} Yes, I really just want some peace. I'm so tired of people telling me what to do! But right now I have no intention of quitting!

**Worker:** Conrad, right now you have no intention of quitting. I just want you to know, it's up to you, your choice, if you decide to cut down or quit.

**What is the worker doing here?**

**Conrad:** What do you mean, you're not gonna try and make me quit like everybody else?

**Worker:** No. I'm not gonna try and make you quit. I appreciate your willingness to talk about this and I respect your right to make a decision that's right for you.

**What is the worker doing here?**

**Conrad:** I just want these people to stop bugging me and telling me what to do!

**Worker:** You want your family, your doctor and everyone to stop bugging you to quit. You don't want to be told what to do. The goal you want to achieve is peace.

**What is the worker doing here?**

**Conrad:** Bingo! You ain't never lied!

**Worker:** Conrad, is it alright if I ask you a question? (pauses, Conrad nods "yes.")

Tell me how **you** want to accomplish your goal of getting some peace in your life.

**What is the worker doing here?**

- 1. What is the change goal?**
- 2. What MI tools and skills are being used to find the change goal?**