



Motivational Interviewing Adherent Heaven (MIA Heaven)



Some statements to help you increase your MI skills

...a work in progress - feel free to add on!

Affirmations

"Two weeks of not smoking is a long time."

"You're a good mom."

"You want to be the dad that you didn't have when you were growing up."

"You are the most persistent and stubborn wanting to get sober person I have ever met. I cannot get over your commitment to get sober."

"You kept up with night school even with the 4 kids, and you made it. Your kids must look up to you."

"You have sacrificed a lot to take care of your parents. Lots of folks don't know that."

"You did stay home and take care of your dying mother and not many people do that. That says a great deal about you."

"Cutting down from 20 bags of dope a day to 10 is great. How did you do it?"

"You stayed sober longer than most people could have given the circumstances."

"You are smart enough to know who to hang around with and stay out of trouble."

"With the ACT score, you could get into about any college you wanted to as it is about as good as perfect."

Support Statements

“That was tough for you.”

“If you had known it was affecting your kids, you might have made a different decision.”

“Not everyone understands why we give out clean works and syringes. It is about you being as safe and healthy as you want.”

This is an example of expressing concern with a Support:

“You might not think anyone would miss you if all of sudden you dropped off the face of the earth. And I want to tell you that I would miss you. If you are thinking that no one would be crying, I would be crushed and crying my eyes out. I would miss you so much if you were not on this earth with me.”

“The cops didn’t understand that your husband was using them and the system to get back at you.”

“I am so sorry for your loss.”

“Things got so bad and painful that you started thinking about killing yourself just to stop feel that pain. A permanent vacation.”

“You showed up, in spite of the fact that this was the last place on earth you wanted to be.”

“Most people don’t understand that there are a lot of neighborhoods where it just is not safe to go out for errands, let alone expect you to go out and exercise there.”

“You do what you have to do to survive.”

Autonomy Statements:

“You know what is best for you.”

“You’ll know when you are ready, and if you decide to do it, I have all the faith in the world that you will do it.”

“You raised those 4 kids by yourself as if you were the CEO of a Fortune 500 Company so this would be a piece of cake.”

“The ball is in your court.”

“You have been careful about using clean needles, so you taking care of yourself.”

“There have been times, hard times, when you had to dig deep inside yourself for that courage, and that same courage could get you through this big mess.”

“It is hard to act like an adult, yet you are doing it anyway.”

“You got through that, even though you just said you didn’t think you would make it. You made it, in spite of yourself.”

“You are going to be that good dad that you felt you didn’t have when you were a kid.”

“You could do anything, if you put your mind to it.”

“You don’t want to be depending on anybody, cause you being able to make your own decisions about what you want is the most important thing, no matter what.”

“You can decide not to do anything right now or ever. That is your choice.”

“Maybe this is an experiment for you to do this, and if you don’t like it, you’ll be able to say, “I gave that a good go and it wasn’t for me.” If it works for you, then you can keep going on.”

“There are many hoops in this system that I do not have any control over, The only thing I can assist you with is getting through the hoops if you decide you are willing to jump. That jumping will get you out of this mess, yet it is you jumping, not me.”

“You know your body best, and it is telling you “I don’t like this medication.”