

## Motivational Interviewing OARS Worksheet

Worker: \_\_\_\_\_ Submission #: \_\_\_\_\_ Organization: \_\_\_\_\_ Date of Coding: \_\_\_\_\_

Methods/Interventions	#	Examples of Statements made by Worker
<b>Open-Ended Questions</b>		
<b>Closed Questions</b> - Yes/No, direction focused		
<b>Affirmations</b> - reinforcing values/behaviors, showing appreciation		
<b>Reflections</b> - amplifications, double-sided, affective, metaphors, continuing paragraph, emphasizing personal choice. ( <b>S</b> imple or <b>C</b> omplex)	<b>S:</b> ----- <b>C:</b>	
<b>Summaries</b> - transitions, beginning and ending the session		
<b>Giving Information</b>		
<b>Non-MI Interventions</b> - unsolicited advice, direction, suggestion, a felt sense of wrestling		

Rating - rated by observer/coach/supervisor	A Little	<-----	-----	----- >	A Lot
How much <b>empathy</b> do you feel from the worker?	1	2	3	4	5
How much <b>autonomy/support</b> did you experience from the worker?	1	2	3	4	5
How much <b>direction</b> was invoked by the worker?	1	2	3	4	5
How <b>collaborative</b> did you find the session?	1	2	3	4	5
How <b>evocative</b> were the worker's responses?	1	2	3	4	5

