

# Strategies for Supportive Conversations

## Evocation

Exploring the person's intrinsic motivation for change and allowing them space to come up with their own solutions.

## Acceptance

Affirming the person's strengths and ability to make change.

## Motivational Interviewing Values

## Partnership

Taking a collaborative approach towards finding solutions and supporting the person's opinions, even if those are different from your own.

## Compassion

Understanding another person's perspective without judgment and working towards the best outcome for that person.

## Motivational Interviewing Strategies:

Open-ended questions

Affirmations

Reflections

Summaries