

# The Spirit of Motivational Interviewing

P

## Partnership



Your relationship with the other person is collaborative and based on mutuality. You work with and for the individual toward the shared goal while using a guiding style of communication. You share power and you recognize that both you and the other person have expertise to contribute.

A

## Acceptance



You believe that everyone has inherent worth and the potential to grow from where they are. You have a nonjudgmental interest in understanding the other person's own experience and perspective, even when you don't agree or approve. You honor the other person's autonomy and self-determination to make choices and you accept and acknowledge their strengths.

C

## Compassion



You are committed to the well-being of the other person, and it is their well-being and not the well-being and interest of your own, that's the primary guide. Your compassion is rooted from having the heart to help without judgment, shame and blame and you are able to demonstrate that the other person's needs are important.

E

## Evocation



Rooted in the belief that people are inherently worthy and equipped with wisdom, strengths and resources, you take the approach of calling forth their expertise and abilities instead of trying to install in them what you believe they are missing. You express an unspoken message of "You have what you need, and together we will find it" instead of "I have what you lack, and I will give it to you."