

## MI Strategy: Support Self-Efficacy

Self-efficacy refers to an individual's belief that he or she is capable of achieving a task, goal or outcome. Self-efficacy is important when assessing for a client/patient's motivation because if a client/patient has little confidence in their ability to change their substance use behaviors, then they are less likely to make a change.

One objective of the brief intervention session is to increase a client/patient's confidence in their ability to make a change. Below are some examples of how a practitioner can support a patient/client in enhancing their self-efficacy:

- ❖ **Instill hope in your client/patient by highlighting that there is no "right way" to change. Also remind them that if one plan doesn't work, it doesn't mean that another plan might not work.**

*"I'm glad to see that even though last week you felt like you encountered some setbacks, you have developed a good plan of action for this week."*

- ❖ **Help a client/patient develop a belief that he or she can make a change. For example, inquire about other successful behavior changes that your client/patient has made in the past and highlight the skills that the client/patient has already gained as a result.**

*"You said in the past you managed to quit smoking by calling members of your bible study group when you got cravings. Sounds like you learned a great way to utilize your social supports. Maybe you can lean on those supports once again to help you reduce your use."*

- ❖ **Explore barriers that may be contributing to low confidence in making a change.**

*"It sounds like you are still struggling with these changes. What seems to be getting in the way?"*

- ❖ **Share brief clinical examples of other, similar patient/clients' successes at changing their substance use behavior.**

*"A few of my former patients also struggled with quitting cold turkey. Most of them found it was easier to cut down a little bit each week and reduce their smoking gradually over time."*

