

MI Strategy: Personal Affirmations

According to Motivational Interviewing (MI), personal affirmations are important supportive statements to help clients/patients increase their confidence in their ability to change. These statements are intended to make the client/patient feel supported by the practitioner, regardless of the status of their behavioral changes and attempts to change.

Affirmations:

- ❖ Emphasize a strength
- ❖ Notice and appreciate a positive action
- ❖ Should be genuine
- ❖ Express positive regard and caring
- ❖ Strengthen therapeutic relationship

Affirmations may include:

- ❖ **Commenting positively on an attribute:**
"You're a strong person, a real survivor."
- ❖ **A statement of appreciation:**
"I appreciate your openness and honesty today."
- ❖ **Catch the person doing something right:**
"Thanks for coming in today!"
- ❖ **A compliment:**
"I like the way you said that."
- ❖ **An expression of hope, caring, or support:**
"I hope this weekend goes well for you!"