

Key Components of Motivational Interviewing	
Component	Involves
Expressing Empathy	<ul style="list-style-type: none"> • Understanding and being aware of and sensitive to the feelings, thoughts, and experiences of another. • Accomplished through reflective listening.
Discovering Discrepancies	<ul style="list-style-type: none"> • Helping patients identify discrepancies between their current behavior and desired future behavior.
Avoiding Argumentation and Rolling with Resistance	<ul style="list-style-type: none"> • Listening to the patient's resistance to change. • Working collaboratively with the patient to develop his/her input regarding the treatment plan.
Supporting Self-Efficacy	<ul style="list-style-type: none"> • Supporting the patient with the sense that an individual can identify and meet one's needs and goals.

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Source: Working With the Active User. *New York State Department of Health AIDS Institute: [http:// www.hivguidelines.org](http://www.hivguidelines.org)*