

Getting started with the Spirit of MI Exercise

Answer the following questions:

When have you experienced these from someone in your own life? Who was one person who did this for you? Name the person; explain what they did to convey this to you, and describe what you appreciated.

Partnership: Who surprised you by treating you as an equal, a collaborator? Who served as a guide for you?

Acceptance: Who communicated deep acceptance of you just as you were?

Compassion: Who was concerned for and committed to your well-being, maybe even placing it before their own?

Empowerment: Who brought out the best in you? Who was interested in your own ideas? Who saw strengths or talents in you that you didn't know you had?