

## **SBIRT-- BRIEF INTERVENTION USING MI**

**IMPORTANT: DO NOT TRY TO PROBLEM-SOLVE, FIX THE PROBLEM, OR FIND SOLUTIONS**

### **Use OARS to Build Motivation and Confidence to Change**

How important is it to you right now to make a change with regard to this concern? On a scale from 0 to 10, where 0 is not at all important and 10 is extremely important, where are you now?

Reflect response (Use reflective listening skills)

So you are an X. What makes it an X and not a \_\_\_\_\_ (lower number)?

Reflect response

What would bump it up a notch (what might have to happen for it to be a little more important or pressing for you)?

Reflect response

How confident are you that you could make this change if you decided to do so? On a scale from 0 to 10, where 0 is not at all and 10 is extremely confident, where are you now?

Reflect response

So you are an X. What makes it an X and not a \_\_\_\_\_ (lower number)?

Reflect response

What would bump it up a notch (what might you do or what might have to happen for you to become a bit more confident)?

Reflect response, at least one reflection before asking the next question

What is the worst that could happen if you don't make this change?

Reflect response, at least one reflection before asking the next question

What is the best possible outcome if you were successful in making this change?

Reflect response, at least one reflection before asking the next question

Where does all this leave you?

Reflect/Summarize and Affirm Strengths and Values