



Readiness to Change - Motivational Interviewing Tool

Each individual will be at a different point in how they feel about being afraid of their partner or ex-partner. Some may have left the relationship, with or without recognising that their partner's behavior was abusive. Others may continue in relationships that are unhealthy or abusive. It is most likely that fear of their partner will have affected their emotional health, although some will not see that connection. As healthcare professionals, you will need to use different approaches at different stages. On the next page we give you an example of a written tool to utilise in your consultations.

Ask:

Step 1 What do you like about your current relationship?

Step 2 What are the things you don't like about your current relationship?

Step 3 Summarise – your understanding of the client's pros and cons

Step 4 Decide where this leaves you now

Ask those who are ready to change the following question:

Step 5 What would **you** like to do to feel better about your partner/ex-partner?

They may choose a whole range of actions for this last step and we have listed some likely options below:

- Feel better about themselves e.g. do more exercise, take up yoga
- Manage finances better
- Become less isolated e.g. go to social group activity
- Have better parenting strategies with their children
- Improve their physical health e.g. cut down on alcohol
- Leave their partner
- Get more understanding/affection from their partner
- Get their partner to go to anger management classes
- Get their partner to stop drinking/get a job/stop gambling

These last three are obviously out of the individual's control as it involves influencing their partner's behaviour. Acknowledging this difficulty is important.



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Example of written tool for motivational interviewing

Taking action is often challenging for people. Below is a set of steps for examining your current situation to decide on what action you might like to take and then how motivated and confident you feel at the moment about carrying out that action.

Step 1 Identify what you like about your relationship or current situation

Step 2 Identify the things you don't like about your relationship or current situation

Step 3 Summarise – clinician's understanding of pros and cons

Step 4 Decide where this leaves you now

For those who are ready to change to some extent:

	Like	Dislike
Relationship		
Action (specify)		

How motivated do you feel to carry out?

Place an X on the point on the line that most closely reflects how you feel

Not at all motivated ●—————● 100% Motivated

What would have to happen for your motivation score to increase?

How confident do you feel that you would succeed in carrying out...?

Place an X on the point on the line that most closely reflects how you feel

Not at all confident ●—————● 100% Confident

How can I help to increase your confidence?
