Eight Tasks in Learning Motivational Interviewing
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Overall Spirit of MI	Openness to a way of thinking and working that is collaborative rather than prescriptive, honors the person's autonomy and self-direction, and is more about evoking than installing. This involves at least a willingness to suspend an authoritarian role, and to explore person's capacity rather than incapacity, with a genuine interest in the person's experience and perspectives.
OARS: Person-Centered Skills	Proficiency in person-centered counseling skills to provide a supportive and facilitative atmosphere in which people can safely explore their experience and ambivalence. This involves the comfortable practice of open-ended questions, affirmation, summaries, and particularly the skill of accurate empathy as described by Carl Rogers.
Recognizing Change Talk, Sustain Talk and Resistance/Discord	Ability to identify person's "change talk" and commitment language that signals movement in the direction of behavior change, as well as person resistance. Change talk includes desire, ability, reasons, and need for change, which favor increased strength of commitment.
Eliciting and Strengthening Change Talk	Ability to evoke and reinforce person's change talk and commitment language. Here the person-centered OARS skills are applied strategically, to differentially reinforce change talk and commitment.
Rolling with Resistance / Discord	Ability to respond to person's resistance in a manner that reflects and respects without reinforcing it. The essence is to roll with rather than opposing resistance.
Developing a Change Plan	Ability to recognize person's readiness, and to negotiate a specific change plan that is acceptable and appropriate to the person. This involves timing as well as negotiation skills.
Consolidating Commitment	Ability to elicit increasing strength of person's commitment to change, and to specific implementation intentions.
Transition and Blending	Ability to blend an MI style with other intervention methods and to transition flexibly between MI and other approaches.