# Principles of Motivational Interviewing

PRINCIPLE 1: Show Acceptance

What it is: Believing in the overall worth and potential of every person

What it isn't: Judgement

PRINCIPLE 2:

Express Empathy

What it is: Understanding the family's unique perspectives, feelings, and values

What it isn't: Telling, agreement or approval

PRINCIPLE 3:

Roll with the Differences

What it is: Accepting different viewpoints

What it isn't: Confrontational or argumentative

PRINCIPLE 4:

Support Self-Efficacy

What it is: Believing in the person's ability to change

What it isn't: Undermining or focusing on failures



# Stages of Change



Raffaela Di Napoli

| Motivational Interviewing And Stages Of Change Motivational Interviewing And Stages Of Change: |  |  |
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Motivational Interviewing And Stages Of Change Motivational Interviewing And Stages Of Change Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Motivational Interviewing And Stages Of Change**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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