Motivational interviewing session note

Client | Date | Session no.

1. Brief context

What the client came with, key events.

2. Key themes and affect

Themes, feelings and body reactions named in the session.

3. Change talk and sustain talk

The client's own words for and against change, change talk first, strongest first.

4. Ambivalence and decisional balance

Both sides of the scale in the client's words, each reason once.

5. Importance, confidence and readiness rulers

Only scores the client named, 0 to 10, and what they refer to.

6. Commitment and mobilizing talk

Commitment, activation, taking steps: the client's words, strongest first.

7. Engagement and the spirit of MI

How engaged the client was and where the righting reflex slipped in.

8. Agreements and homework

Tasks and observations until the next session.

9. Risks

Only signals that came up. Empty if none.

10. Speech and thinking features

Anything notable in the form of speech. Usually empty.

11. Plan for the next session

What to return to.

Motivational interviewing session note: filled example

Client Anna, 34 (fictional) | Date 11/12 | Session no. 4

1. Brief context

Came in after a conflict with her manager, has slept badly for a week, wants to stop rechecking reports.

2. Key themes and affect

Anxiety → "my chest tightens before planning meetings".

3. Change talk and sustain talk

Reason → "I lose every evening to it"; sustain: "if I don't check, I'll miss something".

4. Ambivalence and decisional balance

For change → evenings and sleep back; for the status quo → checking feels like protection.

5. Importance, confidence and readiness rulers

Importance 8 of 10 to stop rechecking, confidence 4: "I don't know how to stop at once".

6. Commitment and mobilizing talk

Commitment → "I'll send Thursday's report after two checks".

7. Engagement and the spirit of MI

Engaged by the end; the therapist argued for change once, then went back to evoking.

8. Agreements and homework

Two checks on Thursday's report, note what happened to the anxiety.

9. Risks

None mentioned.

10. Speech and thinking features

None noted.

11. Plan for the next session

How Thursday went, what would move confidence from 4 to 5.