the basics

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### Compassion

The clinician aims to promote the patient's overall well-being and prioritizes the patient's needs.

### Acceptance

The clinician acknowledges that everybody has an appreciation of this in an unconditional support of autonomy, empathy and respect to the patient.

The clinician and the patient work together as two experts - the clinician as the clinical expert, and the patient as an expert on their own behaviors. motivations, attitudes, and barriers.

**Partnership** 

### Evocation

Spirit

of MI

The clinician elicits the patient's own motivation for changing in a healthpositive direction.

## Motivation

3 Primary Needs for Health Behavior Change







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