

OARS

Core Skills in Motivational Interviewing

Open Questions

O

open-ended questions to encourage patients to confront their behaviors.

Affirmations

A

statements about who the individual is as opposed to praising behavior.

Reflections

R

Praise, recognition, and understanding to help move the client forward in discussing a problem.

Summarizing

S

reflect back to the patient to highlight change talk, clarify motivation, and focus session.