

Motivational Interviewing Transcript Activity

Look for client statements expressing desires, abilities, reasons, and needs to change.
Underline the change talk wherever you see it.

I: Interviewer

C: Client

1	I	So I know that your doctor referred you to talk to us because of your diabetes. You mentioned that things were feeling kind of overwhelming. And, and I'm curious whether having some conversation about how things are going with your diabetes feels like a good place to start.
2	C	Yeah, I mean, like, I really want to take care of it so that I can have the energy I need to be with my kiddos. And it just feels like there's so many different parts of it that I don't know what to focus on, especially with my limited energy. It's like, it just feels like a lot.
3	I	Mm hmm. Yeah, it's really, just really overwhelming to even know where to start. Yeah. Okay. Well, I can offer a few options for different aspects of diabetes management that we often to talk to people about. And then I'd love to hear what of those you think makes the most sense. Or maybe there's something that I don't mention that you want to talk about. We often will talk to people about their eating habits, that's one important aspect of diabetes management. Getting more activity or movement into your life can also really help with blood sugar control. We often talk to people about their blood sugar monitoring or getting different kinds of healthcare services that are important for people with diabetes, for example, like doing foot checks and getting into the dentist. And we also sometimes talk to people about some support groups that are available, diabetes self-management classes, things like that.

		I'm curious whether any of those sound like something you would be interested in talking about or perhaps there's something else that's on your mind.
4	C	Hmm. It feels hard to think about what we're eating, but I know it's important.
5	I	That feels important to you.
6	C	Yeah, yeah. It's a combination of knowing that I need to eat well for, for what you said about diabetes, and also just the reality of taking care of my kiddos and needing to figure out how to manage all that, for myself and for them.
7	I	It sounds like you're thinking about it both in terms of for yourself and what will be healthy for you and also for your family and making sure there's enough healthy food for everyone in your house. So, if it's okay with you for us to start there, I'd love to hear your thoughts on what feels important to you about improving your diabetes management in general and then we can focus in on the food part.
8		Um, well, I think, you know, my kids are really important to me, and I want to be able to be in their lives. And I want to be able to, you know, do the fun things with them that they want to do and I also, I don't want to feel like held back. Yeah, I guess maybe I don't even know all that I'm held back from or what could happen with diabetes but, you know, I would like to be engaged in my kids life, and also be able to do the things that bring me some joy. And I, I know that diabetes can get bad. I don't really understand like how bad, but I, I understand that it's a serious place to be. And that, you know, food impacts it. Everything feels really hard day to day, but I understand that I need to take care of myself if I'm going to be able to take care of my kids.

9	I	It sounds like this is really important to you as a parent. You're looking into the future and thinking that diabetes could get in the way of you being the parent you want to be.
10	C	Yeah, and that feels hard and scary to think about.
11	I	You really love your kids and want to do the best you can for them.
12	C	Yeah, I do. And everything just feels really hard.
13	I	Yeah, it's a lot to manage. So, just focusing on this diabetes thing - thinking about this on a scale of one to ten, one being not important at all, and ten being very important, how important does it feel to you to work on improving your diabetes control?
14	C	Well, it definitely feels really high but it's a matter of like how do I fit that in. I mean as we're talking about it, it feels like a nine, like really high. But then I'm like, what do I do with that?
15	I	Yeah, so it feels really important to you. And you have these questions about like, okay, how do I turn that into action?
16	C	Yeah, I have this intention of helping the greater long-term goal and it feels like I can't see the steps into that.
17	I	So just a follow up question, why a nine and not a lower number, like a five?
18	C	Because I can hear that it's really important. So I feel like I need to have a higher number, like I need for it to be that high, but maybe I'm not actually really there.
19	I	You've been hearing from your doctor that this is really important.
20	C	Yeah, you know, people talk about it and I have some family where it's had, you know, a negative impact on their life. I understand that it's bad.

		And yet making the actual steps to change feels impossible when it feels like I'm just kind of reacting, reacting, reacting to get through the day.
21	I	Yeah, that feels tough. So let me ask another question with the same scale of one to ten, but with a different focus. It sounds like you feel like this is really important or it should be really important. Like you recognize that it could really impact your health. You've seen it have a negative impact on people and you take that seriously. And then you still feel kind of stuck with it. So same scale, one to ten, how confident do you feel about like, if you, if you decided that you really wanted to do something about it, how confident do you feel that you can?
22	C	Pretty low. Yeah, it just feels like things are stacked against me. So I would say a lower number. A three.
23	I	Why a three and not a one?
24	C	Well, I'm talking about it.
25	I	Yeah, you're here. This is an important step in getting some support.
26	C	Yeah, and I think, you know, it's not like I'm the only one who's aware that it's important to move your body and eat healthy. Like my kids know that too. And like I said, you know, like other people in the community have diabetes. It's not like a completely hidden thing. So there's some confidence because I feel like I'm not completely alone in it. But it still feels like I mostly am alone in it because so much of it is about how I'm managing our family. Like, yes, my kids can help me, but it's really all on me.
27	I	You have a lot of responsibility on your shoulders, and you are doing a great job managing it all.

