



Motivational interviewing: My Mind

Everything in life has pro's and con's. Let's have an open, honest look at your feelings. This simple tool can be done continuously to monitor your feelings or other areas of your life.

In the diagram below: Fill in the '**Good Things**' about your feelings this may include things such as *I feel happy when I am with my friends... I am good at completing tasks...*

Next, write down the '**Not So Good Things**' this might include things such as *I constantly feel worthless at work... I get nervous in crowds so prefer to stay home.*

| Good Things: | Not So Good Things: |
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Have a good look at your list. Have you included all good and not so good?

Things to consider might include; how your feelings affect all areas of your life, social, work and others, how your moods make you feel in different situations and any others you may think of.

Are some items over riding others?
Could some items from any of the lists be saying the same thing? If so please add them together.

It might be useful to number each item in the list in order of how strongly you feel about things. For Example 1-10 (1 being feel least strongly about, 10 being feel most strongly about)

Re Balance Your Lifestyle

You can use this tool at anytime to take a good honest look at areas of your life and see if everything is working for you.

Are there any surprises to you in reading the lists? Is one side longer than the other?

If the 'not so good things' outweigh the 'good things', it might be time to think about making some changes?

If you think it may be time to make some changes, a good idea is to ask yourself the questions below, if not this tool can be used at any time to monitor any areas of your life and is quick and simple to do.

Have you tried to change your situation before?
 What were the positives that came about due to that change?
 How motivated to change are you?

Motivation = Importance + Confidence

Importance - How much do you want to change?

Confidence - How confident are you about changing?

Motivation is a desire to achieve a goal, combined with the confidence and energy to work towards that goal. Motivation is an internal process that makes a person move towards their individual goals. After having an open an honest look at your feelings are there any areas you like to change?

Ask yourself what does the change look like to you? What can you do to help with your feelings in certain situations? What could help you feel better? Can you bring things into your life to make you feel better?

Change can be as little or as extensive as you choose. You may wish to focus on one or all the areas you have looked at.

Make a plan, brain storm ideas. Ask for help and support from friends and family. You can contact a Counsellor or other professional to guide you through this process.