Motivational Interviewing

1. Helping professionals should tell the client what to do in order to solve their problems. **False**

2. Resistance or discord is best thought of as a product of the interpersonal context, something that happens between the helping professional and the client. **True**

3. The most effective way to help clients change is to help them resolve their ambivalence. **True**

4. If clients are resistant to talk about changing behaviors, direct confrontation and persuasion are required to help the client change. **False**

5. Helping professionals should emphasize the client’s personal choice over their behaviors and decisions. **True**