

# Motivational Interviewing Example Script

This is a Motivational Interviewing example script that you can access anytime you need. In this example, the client is considering a career change. We have gone ahead and highlighted the important phrases that are considered apart of the motivational interviewing process. You can find the key at the end of the script.

**Remember:** The conversations you have with your clients may go differently to this fictional conversation. This is simply a reminder of motivational interviewing techniques you may include in your sessions.

**Therapist:** Hi [Client's Name], it's good to have you here. How have things been going for you recently?

**Client:** Hey, thanks. I've been thinking a lot about my job lately. I'm just not happy with where I am in my career.

**Therapist:** It sounds like your career has been on your mind. What specifically has been bothering you about your current job?

**Client:** I just feel stuck. I've been doing the same thing for years, and there's no room for growth. I'm not passionate about it anymore.

**Therapist:** It sounds like you're craving some positive changes in your career. On a scale of 1 to 10, with 1 being not important at all and 10 being extremely important, how would you rate the importance of making a career change right now?

**Client:** I would say it's around an 8. It's definitely important to me, but I'm not sure where to start.

**Therapist:** It's great that you've identified it as important. What do you think is holding you back from rating it even higher, like a 9 or 10?

**Client:** I'm worried about the uncertainty that comes with making a change. What if I make the wrong decision?

**Therapist:** It's completely understandable to feel uncertain about such a significant decision. What are some aspects of your current job that you enjoy or find fulfilling?

**Client:** Well, I like working with people, and I enjoy solving problems. But my current job doesn't allow me to do that as much as I'd like.

**Therapist:** It's interesting that you find fulfillment in working with people and problem-solving. How might you incorporate those elements into your ideal career?

**Client:** Maybe I could explore roles that involve more interaction with people and require creative problem-solving.

**Therapist:** That's a great insight. It seems like focusing on jobs that align with your strengths and interests could be a positive step. On a scale of 1 to 10, how confident do you feel about exploring new career opportunities?

**Client:** I'd say around a 6. I know I want a change, but I'm worried about making the wrong choice.

**Therapist:** It's natural to have some concerns. What could increase your confidence level from a 6 to a 7? Are there specific steps you can take to gather more information or explore potential career options?

**Client:** I could start by researching different industries and networking with people in fields I'm interested in.

**Therapist:** That sounds like a proactive approach. When do you think you could start the research process, and what resources might be helpful for you in exploring new career options?

Key	
Blue highlight	Open questions
Green highlight	Affirmations
Orange highlight	Reflective listening
Red highlight	Summary reflections