



# MOTIVATIONAL INTERVIEWING

## Strategies to Decrease Resistance

Dr. Monica Gilbert, Psy.D., BCBA-D, LMHC



Special Learning, Inc.  
www.special-learning.com

### The Readiness Ruler



The readiness Ruler is a way we can help our client view and recognize their readiness to change a given behavior. Using a scale of 0-10, ask them the following questions.

#### Importance

How important is this for you right now? \_\_ (Response: # 0-10) \_\_

Why did you pick 4 and not 2? (Use a lower number of comparisons to emphasize importance)

What would it take for you to reach an 8 \_\_\_\_\_? (Use a higher number of comparison that their initial # given)

#### Confidence/ability

How confident are you in your ability to intervene in your child's behavior? \_\_\_\_\_

Why did you pick 4 and not 2 \_\_\_\_\_? (Use a lower number of comparison to emphasize confidence)

What would it take for you to reach 9 \_\_\_\_\_? (Use a higher number of comparison that their initial # given)

#### Ready

How ready do you feel about intervening on this behavior? \_\_\_\_\_

Why did you pick 6 and not 2 \_\_\_\_\_? (Use a lower number of comparisons to emphasize readiness)

What would it take for you to reach 9 \_\_\_\_\_? \_\_\_\_\_? (Use a higher number of comparison that their initial # given)