

Cocktail Hour with MI

Mingle, listen, respond

Time

20 to 30 minutes

Group

Whole room, in pairs

You need

Music, index cards

Skills practiced

- Hearing change talk, sustain talk and discord
- Responding with OARS, evoking strategies and EARS

How to play

- 1 Write.** At the top of an index card, write a change goal you often work with. Then write three things a client might say: one with discord, one with sustain talk, one with change talk. Ask a neighbor or the facilitator if you'd like help.
- 2 Review.** Before starting, the group reviews ways to respond to change talk, sustain talk and discord. The facilitator writes them on the board.
- 3 Mingle.** When the music plays, walk around the room (dancing welcome). When it stops, pair up with the nearest person.
- 4 Read and respond.** One partner (longest hair, darkest clothes, soonest birthday...) reads their change goal and one statement. The other partner names it as change talk, sustain talk or discord, then offers a response. Switch.
- 5 Repeat.** When the music starts again, mingle to a new partner. Play about five rounds.

Talk it over

- Which statements were easiest to name? Hardest?
- Which responses felt most natural?
- What would you like to keep practicing?

Concept cards

Print on card stock and cut along the dashed lines.

Motivation	Ambivalence	Intrinsic motivation
Extrinsic motivation	Change talk	Sustain talk
Self-efficacy	Righting reflex	Discord
Change goal	Acceptance	Autonomy
Affirmation	Open question	Reflection
Double-sided reflection	Amplified reflection	Complex reflection
Values	Apologizing	Compassion
Evocation	Eliciting	Partnership
Equipoise	Guiding	