

# Motivational Interviewing

**-Focusing: Targeting Change**



Community Care  
of North Carolina

Community Care of Wake/Johnston Counties

# Focusing



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## Goal:

- Clarify patient's priorities and readiness
- Use more of a following and guiding vs. directive approach
- Avoid premature focus

# How to use the Goal Setting “Bubble Sheet”



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- Welcome and “settle” in the patient
  - “I'd like to use this bubble sheet as a tool to talk about your health concerns - would that be ok?”
  - Let the patient know what information/goals you've filled in to the bubbles and ask them what they want to cover
  - Use this sheet as a tool to follow the patient and talk about goals

# Focusing Technique: Assessing Patient Priorities and Reasons



- Ask which “bubble”/health issue they would like to focus on/discuss
  - Regarding \_\_\_\_\_(whatever the issue is, i.e. bubble they’ve chosen)
  - Do you want to do anything about it and when?
  - If not now, when and how will you know?
  - “Because people can sometimes change their mind, is it okay if I ask you about this on our next visit?”

# Focusing Technique: Agenda Mapping



Diabetes

Stress

Hypertension

Sleep

Smoking

Alcohol use

Exercise

# Goal Setting “Bubble Sheet”



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A goal setting bubble sheet consisting of nine empty ovals arranged in a 3x3 grid. The ovals are intended for users to write their goals.