**Concepts of Motivation, booklet page 6**

1. **Motivational obstacles …**
2. **What motivates…**

**3) Frustrations…** client can’t see the problem, they can see the options, their low self-worth, they are going around in circles, talk themselves back into their comfort zone, no ownership, denial, avoidance, no responsibility, demoralising, blocking to the worker, disempowering, a mirroring of the struggle, stuck, external pressure – urgency, changing levels of motivation, disorientating, expectations, working harder than the client, I’m doing all the work, not committed, not implementing the change -risk of slipping into shaming- do I want to see change??? If I see change I feel good and validated?? I know they can do it meeting resistance, why won’t take the first step??, I know what they need to do? doing it for others

Client “I don’t know?”

**MI Spirit Exercise**

**Thoughts / Feelings:** Dread, shame, judged, fear, other will know, fear of not being liked, could lose attachment, could be rejection, humiliation, vulnerable, exposed, need to belong, be accepted, feel good about ourselves, our lives, our value, sadness, regret, sharing it meets owning it again, can’t avoid it, stay in my comfort zone, I will feel it again, be brought back to it, lose control of it

**Qualities / Characteristics:** Compassion, non-judgemental, kindness, acceptance, understanding, allowing, honouring, not jumping to fix it, let talk, not jumping in, show empathy, appropriate language, warmth, openness, gentle, genuine, nurturing, empowering, felt experience, reflective, they get it, holding, really trying to hear and understand, not to get advice, not hijack my narrative, provide space.