

Affirmation Exercise

Facilitator reads this out loud:

Affirmations are statements of celebration, validation or support. The most basic affirmations can be just a word or two, such as, "Good!" or "That's great!" Ideally in MI we strive to offer specific, detailed affirmations such as:

*Thirty days of sobriety! That's really impressive.
You really showed persistence in getting those applications in.
That sounds really frustrating.
I appreciate that, I know it's not always easy.
I've seen you make a lot of progress since you started here.
You have really good people skills.*

Facilitator asks participants to call out different strengths they see in their clients, for example: flexible, persistent, creative, witty, caring, and writes them on a white board or flip chart. Keep going until you gather about 20 different strengths.

Go around the room asking each person in the CoP to generate an affirmation from one of the strengths on the board. The goal is to create specific, detailed affirmations.