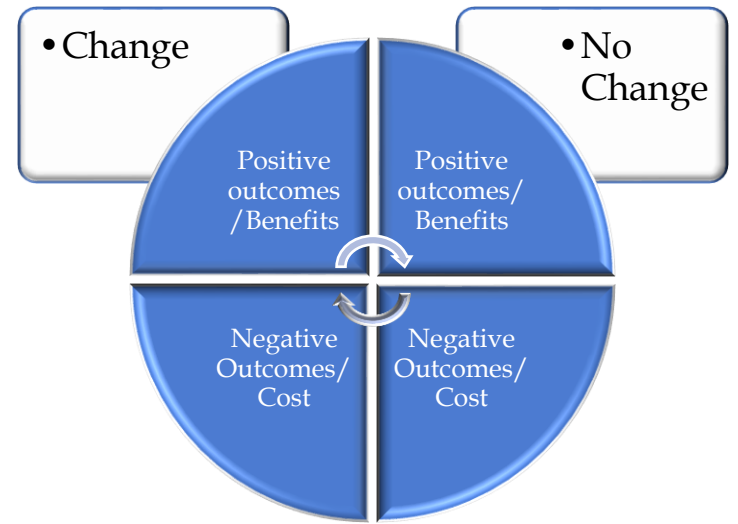


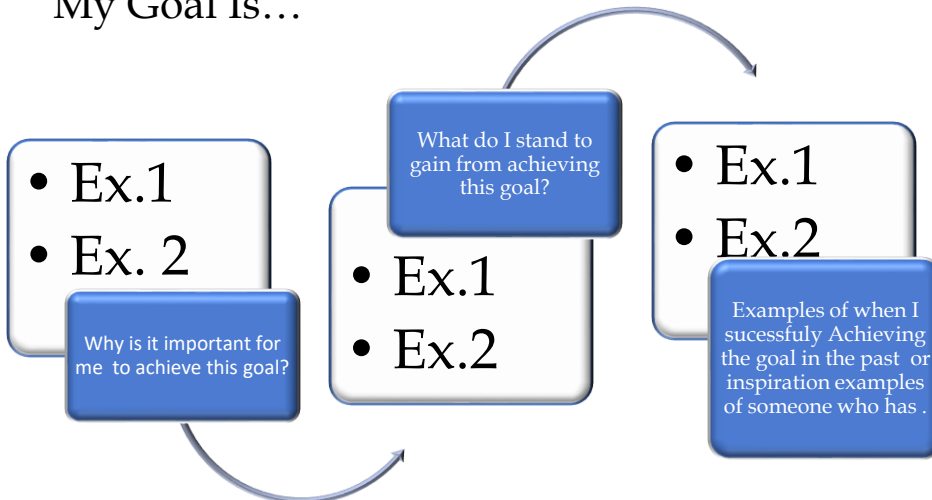
# Motivational Interviewing Exercises

How will the following areas of your life be impacted if you make changes. How will they be impacted if no change occurs.

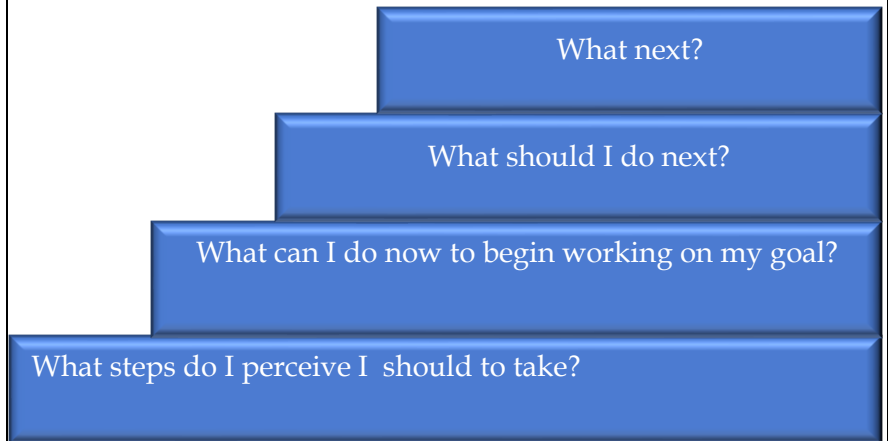


Decisional Balance

My Goal Is...



## Step By Step



Directions: Ecomaps assist individuals in identifying useful and motivational resources within their network. Within each category, list all resources that you have access to.

