

Real Sustain Talk? - M.I. OS Session: 3.5.2025

1. I talked to the patients about Welcome Baby and give them the flyer but they just don't want the program.

Strengths: They know the program well, The ability to approach the patient (courage), They are sharing because they believe in the benefit (purpose), Doing their job (diligence), strong commitment to the patient and their well-being,

M.I. Response: You've accomplished to provide information of the WB program to clients even though they've expressed they are not open. You persevere and continue to do your job in hopes of encountering mothers that will enroll.

Real Reflections - M.I. OS Session: 3.5.2025

1. I have to get away from him, my kids' safety is worth it.
2. Everybody keeps telling breast is best, but nothing is coming out and I'm exhausted at this point. Some relief would be nice.
3. I really want my baby to latch so I can breastfeed, but nothing seems to be working.
4. I'm noticing my kid isn't advancing like the other kids in his group and I'm worried about it.

Finding the Strength – M.I. OS Session: 3.5.2025

1. I don't think this is worth my time, but I'm here because my mom made me come.
2. I didn't even want to come to this appointment today, my dad made me do it.

Strengths: she went even though she didn't want to go – willingness, consideration, showing (reliability), disciplined, appreciates her father's authority despite not agreeing with it, verbalizing how she felt – vulnerability

AFFIRMATION: You managed to make it to your appointment, despite expressing your disinterest. Your commitment shows in this situation.

3. I started my management class today and I'm so excited.
4. Putting myself first is different for me, but it's paying off.
5. Motivational Interviewing is really fun.