

# Foundations of Behaviour Change: Motivational Communication

## Primary Health Care

### Invite

- A way to keep the conversation going.
- The link between understanding what the patient is saying to the recommendations that you want to give.
- Link doesn't have to be smooth.

Would you like to know what the evidence tells us about ...?

I would like to offer some feedback is that ok?

Would you like to know what I think about ...?

May I ask you a few questions about ...?

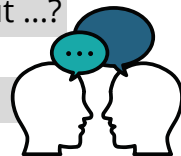
Would you like to know more about ...?

Given ... are you willing to talk about ...?

Would it be ok if I asked you about ...?

Would you like to discuss this more ...?

Are you ok staying the same ...?



Are you willing to try ...?

May I make a suggestion ...?

Do you mind if we ...?