


<b>Open-ended Question (OARS)</b>	<b>Change Talk (Stages, MI)</b>	<b>Summary (OARS)</b>	<b>Affirmation (OARS)</b>
<b>Arrange Follow-up / Accountability (BAP)</b>	<b>Patient Chooses Topic (MI)</b>	<b>Confidence Change Ruler</b>	<b>Empathy (MI)</b>
<b>Ask Permission (MI)</b>		<b>SMART Behavioral Plan (BAP)</b>	<b>Problem-solving (BAP)</b>
<b>Affirmation (OARS)</b>	<b>Reflection (OARS)</b>	<b>Sustain Talk (Stages, MI)</b>	<b>Patient Chooses Topic (MI)</b>

**OARS:** Open-ended Questions, Affirmation, Reflection, Summary  
**Stages:** Stages of Change  
**MI:** Motivational Interviewing  
**BAP:** Brief Action Planning