

Appendix E8

Approaching Challenging Situations

Adapted from: Rosengren, D. B. (2009). *Building motivational interviewing skills*. New York: The Guilford Press. (Exercise 2.4 page 26-27).

This exercise is designed to allow you to develop your ability to handle difficult situations with your family member. Everyone can be difficult sometimes. This can leave us feeling uneasy or dreading our next encounter with that person. Consider your situation and think about your family member with hoarding.

Now consider three questions about your loved one with hoarding:

1. Where are you now in your work with him or her?
2. Where would you like to be?
3. What's getting in the way of that happening?

Now imagine that you are the loved one with hoarding:

1. Where are you in your work with your hoarding behaviors?
2. Where would you like to be?
3. What's getting in the way of that happening?

After reviewing both sets of answers, think about MI. Then rate where this relationship falls on these three dimensions:

Collaboration

We are working against
each other

We are working in
partnership

We are in the room, but not
much is happening

1 2 3 4 5 6 7

Autonomy

I struggle with my loved one's choices and/or press them to change	I recognize and honor my loved one's choices, including no change	I seem indifferent to my loved one's wishes or choices
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1 2 3 4 5 6 7

Evocation

I am presenting reasons for change	I am drawing out my loved one's views on change	I just let the discussion with my loved one with hoarding go wherever it will
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1 2 3 4 5 6 7

What, if anything, do these ratings tell you might need to happen for the relationship to change?

What might you do differently to make that happen?

If you were to try one new approach with your loved one with hoarding, what would it be?