

## Appendix E6

### Finding Affirmations

Adapted from: Rosengren, D. B. (2009). *Building motivational interviewing skills*. New York: The Guilford Press. (Exercise 4.3 page 79-81)

This exercise is designed to you to practice giving affirmations. In this exercise, you will read about a person's situation, consider the situation, write down the strengths you observe, then form affirmations based on these strengths.

*A person with hoarding behaviors recently started clearing her collections from around the stove. She is upset about moving these items and seems to be collecting more things for other areas of her house. She is struggling with moving her collection and goes back and forth between keeping it near her stove and moving it to her garage. Her son tried to talk with her about this pattern, and she responded by reminding him angrily that it was his idea in the first place.*

1. Strengths:

2. Affirmation:

*A young man stands up before the housing board for the third time in less than a year. He has been cited multiple times for the clutter in his house and the safety issues it has been causing. The housing board has threatened to evict him permanently if he doesn't clean up his house immediately. He exhibits a respectful attitude toward them, and while he and appreciates their need for a safe housing environment for all tenants, he just finds it too difficult to change.*

1. Strengths:

2. Affirmation:

*Trudy hoards. She knows her behaviors can be dangerous, as just last year there was a fire in her garage. However, she is fed up with people reminding her of the problem. Over time, she has come to realize that her habit of keeping items for future use has become like an addiction. At some point, she will stop, but just not yet. Indeed, with all the other things happening in her life, this is the one area she feels is her own. She feels guilty about the hoarding and tries to hide it from her son, and she avoids the topic with her husband. She knows he's right when he brings it up, but it still raises her ire.*

1. Strengths:
2. Affirmation: