



Trainer Ruler Line-up

Activity #2

Focus: To demonstrate the use of the “ruler” in working with patients

- Write numbers 1-10 on 8x10 pieces of paper (1 number written bold on each piece of paper)
- 1. Place the numbers in order, 1-10 on the floor leaving space for attendees to stand behind each number
- 2. Inform attendees that they will be getting out of their chairs and lining up according to where they fit on the number line with each question. (1 is not at all, and 10 is 100%)
- 3. Ask, “How familiar are you with motivational interviewing? (participants will stand in front of the number that fits them best)
- 4. Call on a couple of participants and ask why they aren’t a lower number. Ex. “what makes you a 4 and not a 1?” (the goal is to have participants verbalize what they know instead of focusing on what they don’t know)
- 5. Inform participants that with the next question they may stay where they are if the answer remains the same, yet please move if your answer is different
- 6. Ask, “How confident are you in your use of motivational interviewing?”
- 7. Again, call on a couple of participants and ask why they aren’t a lower number
- 8. Ask a couple of participants, “what would it take to get you from your number to a higher number?” Ex. “what would it take to get you from a 5 to say a 7?” (the goal is emphasizing that a higher number is possible with a specific intervention/plan. Many participants say that they believe this class will move them to a higher number)