

PACE Checklist



1. Genuine curiosity about client
2. Set common objectives
3. Encourage & affirm small steps of change
4. Validate client feelings & normalise experience
5. Avoid problem-solving mode & be open to alternatives
6. Clarify client motives & importance of change
7. Focus on client values & keep own values in check

Partnership Acceptance Compassion Evocation

Spirit of

Motivational Interviewing

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