

**“TASTE OF BAP-MI”**  
(Break-Out Groups of 2 or Program-Specific Grouping)

- Brief introductions
- Real-Play (“clinician,” “patient/client”)
  - Clinician asks **4 questions**, followed with **1-2 reflection (s)** (“attentive listening”)
  - Ask **Question One of BAP (context-specific)** & continue with BAP if appropriate
  - De-brief
  - Switch roles in 15 minutes

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*1. Is there some change in your life that you’ve been thinking about, that is important to you, that you’d like to do, but you haven’t begun making that change?*

Use 1-2 reflection(s) to clarify meaning or feelings

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**2. Why is this change important to you?**  
Use 1-2 reflections to clarify meaning/feelings

**3. How will your life be better if you make this change?**  
Use 1-2 reflections to clarify meaning/feelings

**4. How might you go about it, in order to succeed?**  
Use 1-2 reflections to clarify meaning/feelings

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**Would you like to go ahead and make a plan about .....?**

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    graph TD
      A["1. ELICIT PERSONAL GOALS  
Ask: 'Is there anything you would like to do for your health in the next week or two?'"] --> B["2. ELICIT & CLARIFY A SMART BEHAVIORAL PLAN  
Ask: 'Would you like to make a specific plan about that?' (eg. What?, How Long?, How Often?,...)"]
      B --> C["3. ELICIT A COMMITMENT STATEMENT  
Ask: 'Could you tell me back the details of your plan, so make sure we're on the same page?'"]
      C --> D["4. SCALE FOR CONFIDENCE  
Ask: 'About how confident do you feel about carrying out your plan (on a scale from 0 to 10)?'"]
      D --> E["5. ARRANGE ACCOUNTABILITY  
Ask: 'Would it be helpful to set up a check on how things are going with your plan?'"]
      F((Making the Plan)) -.-> B
      G((Reinforcing the Plan)) -.-> E
      
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\* Reprinted from Golin, Golinick, Davis, & Roberts. "Brief Action Planning Flow Chart," 2014

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