

[00:00:00] The first time I heard the concept is for it's supporting a timing activation and the, or at least supporting autonomy. What I was thinking of and what was being taught to me at the time was it is all about choice and not, and if pushing yourself on the other person. And when you think of more of a traditional medical model, We just tend to, or for most professionals, actually, we just tend to want to give advice and, and we do think we know best.

And so when somebody comes through your door or calls you, you want to be the expert. You want to make sure you got all that information, provide the best possible service. And there's nothing wrong with that. But with motivational interviewing, what we're looking at is how do we affect sustained behavior change and what we know.

Is people are significantly more motivated by their own values and their own goals than by the goals or the values that someone else sets up for them. If we look at more of a clinical setting with that SAA kind of concept, traditionally, you think of you're [00:01:00] given a choice is leading up with, I've got some thoughts that okay.

If I share them. So that supports the person's right to choose. From what you've been talking about. Um, I have some things I've been thinking about as well. Would that be helpful? I shared it with you. So what it does is it support your right to choose whether or not the information I think it can feel redundant about it is they wouldn't be sitting in front of you most people, if they didn't want your thoughts, your ideas, that makes sense.

And with the activation piece of it, it's not only providing people with choice, but it's how do you help? I always say kind of reach inside their belly and turn on that pilot. For them to want self-actualization or to move and have a sense of self efficacy or something agency that they can fill that, that fire burning inside their belly.

Then it's like, I want to be the best version of myself. That's a different flavor that just knowing that people have choice. Does that make sense? The thing that I think of on a deeper level of this is do I genuinely believe that? Do I believe [00:02:00] that they have the same desires, the capacity for evolution for growth?

Um, to be the best version of themselves. And mostly what my role is then is how do I help ignite that inside of them? And this is really different because so much of the time, it means that we aren't stepping up as the expert. We're actually stepping into the background and find out how do I bolster?

How do I through osmosis through really, uh, strategic ways of communicating? How are ways that I can kind of infuse these things, or again, light that fire inside of their belly. In a strategic way and when I'm using my communication skills. So which means that I do start to shrink to the backdrop a little bit as far as their perception.

So they're not holding me on a pedestal as the expert is one who knows more than they do about a situation. If I'm supporting their at times. But I want to be able to do is have that start with, from within them. So either shine light on that, expand on that, explore that light, that there's so many [00:03:00] ways that thinking, how do I get this to a place where they go, I want the best version of myself.

Why am I as such a strategic communication style? Is even when they start to think in a pro-social direction or a direction of light of who they say they are, even if they start thinking about that and talking about that, or if they start making steps towards that, it is exactly why we teach strategic affirmations.

Because you want to make from when you think the Latin word of affirm it means to make from. So if you're going to start looking towards the top of your mountain or moving towards your ultimate goals, every time you take a step that direction, I want to make that I'm going to pour concrete over that step that you take.

So it's solid each time. So I literally went to a. Which is significantly different than me clapping and cheerleading and saying, oh, Tammy, I'm so proud of you. That doesn't make anything. It encourages you. But then that's still an external reinforcement. If you're building a supporting autonomy and [00:04:00] building that sense of activation inside, you want the individual to start to be able to realize that they're moving in the direction they want to move, which is where strategic affirmations shift away from the whole cheerleading praise approval, which is really one person telling another person they're doing.