**OARS Homework**

* + Open-Ended Questions
	+ Accurate Affirmation
	+ Reflective (Active) Listening
	+ Summarizing
	+ BONUS SKILL: Building on individual’s proven strengths/abilities
1. I am going to focus on practicing \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. I will use this skill when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. I will know if I am successful with it \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­.
4. I will practice MI with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.