Client Evaluation of Counseling

Please rate each response on the scale below relating to your **most recent session** with your counselor.

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not At All</td>
<td>Only a Little</td>
<td>Some</td>
<td>A Great Deal</td>
</tr>
</tbody>
</table>

**In your session, how much did your counselor:**

1. Focus only on your weaknesses.  
2. Help you to talk about changing your behavior.  
3. Act as a partner in your behavior change.  
4. Helped you to discuss your need to change your behavior.  
5. Make you feel distrustful of him/her  
6. Help you examine the pros and cons of changing your behavior.  
7. Help you to feel hopeful about changing your behavior.  
8. Argue with you to change your behavior.  
9. Change the topic when you became upset about changing your behavior.  
10. Push you forward when you became unwilling to talk about an issue further.  
11. Act as an authority on your life.  
12. Tell you what to do.  
13. Argue with you about needing to be 100% ready to change your behavior.  
14. Show you that she/he believes in your ability to change your behavior.  
15. Help you feel confident in your ability to change your behavior.  
16. Help you recognize the need to change your behavior.

Thank you for your time. Your feedback is valuable. Please return this form in the folder provided to your counselor.
Scoring Instructions

Reverse scored items: 1, 5, 8, 10, 11, 12, 13

Total score: add all 16 CEMI items. Higher score more MI consistent.

Relational subscale items: 1, 5, 8, 9, 10, 11, 12, 13

Technical subscale items: 2, 3, 4, 6, 7, 14, 15, 16

Suggested reference for this version of the CEMI.