

## Elaborating

Here is an illustration:

CLIENT: One obvious place where this is a problem for me is money.

INTERVIEWER: In what ways is that a concern for you?

CLIENT: Well, I just spend a lot of money on gambling, and I'm not always paying my bills.

INTERVIEWER: Tell me about the last time that happened.

CLIENT: Just last week I went through about \$600. I start out setting a limit, but then I lose that amount and decide to try to win it back.

INTERVIEWER: Over time it really adds up.

CLIENT: I'll say. I've lost about \$30,000 over the last 6 months.

INTERVIEWER: And that's a lot for you.

CLIENT: We don't have that kind of money. At least we don't now.

INTERVIEWER: How much does this money issue concern you?

CLIENT: It's getting to be a big problem, and I worry about it all the time. I've got people coming to the door, calling on the telephone, sending nasty letters. I've got to do something.

INTERVIEWER: And in what specific ways does it affect you, to lose so much?

CLIENT: Nobody will give me credit any more, except the casinos. My husband finally notices all the cash withdrawals, and he's hardly talking to me.

INTERVIEWER: What else?

CLIENT: He's worried about our retirement security, of course. And I can't buy things I want.

INTERVIEWER: Such as?

CLIENT: The other day I saw this nice dress in just my size, and I couldn't afford it. My credit cards have all been canceled. Then I get mad and do stupid things.

INTERVIEWER: Like what?

Source: Miller, W.R. & Rollnick, S. (2002). *Motivational interviewing: Preparing people for change* (2<sup>nd</sup> ed.). New York: Guilford. (page 80).