Brief Action Planning Flow Chart
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“Is there anything you would like to do for your health in the next week or two?”

- Have an idea?

- Not sure? Behavioral Menu

SMART Behavioral Plan

Elicit a Commitment Statement

“How confident or sure do you feel about carrying out your plan (on a scale from 0 to 10)?”

- Confidence ≥7
  “That’s great!”

- Confidence <7
  “A ___ is higher than a zero, that’s good! We know people are more likely to complete a plan if it’s 7 or higher.”

  Problem Solving:
  “Any ideas about what might raise your confidence?”

  - Yes
    - Behavioral Menu

  - No
    - Assure improved confidence. Restate plan and rating as needed.

“Would it be helpful to set up a check on how things are going with your plan?”

Check on Progress
The Spirit of Motivational Interviewing

is the foundation of Brief Action Planning

**Compassion:** Caring what is important to another person and feeling moved to help.
**Acceptance:** Respecting another person and their right to change or not to change.
**Partnership:** Working together with another person and recognizing them as equal.
**Evocation:** Bringing out another’s ideas, strengths and knowledge about the situation and themselves. This can include encouraging to explore.

Adapted from Miller W, Rollnick S. Motivational Interviewing: Preparing People for Change, 3ed. 2012.

Note: This flow chart provides prompts for those familiar with BAP and is intended to be used with the BAP Guide which contains critical information not detailed on the flow chart.