

OARS exercise

This is an exercise that you can practice with 2 or more other people. One person is the speaker, another is the listener. If you have a third person they can be the observer.

Speakers topic:

Something that you feel two ways about and *haven't made up your mind*.
For example:

- Some change that you might make
- A political party or person
- A social and/or ethical issue
- Motivational interviewing
- A decision that you need to make

Listener:

- Use only OARS
- Offer no opinion or advice – keep out of it
- Make no attempt to influence or “fix” it
- Seek solely to understand the ambivalence
- Try to keep your balance; don't take sides

Observer:

- Count instances of O, A, R, and S
- Make notes of particularly good examples of each