



**E.A.T.**

Take the time to effectively  
collaborate with patients  
on lifestyle behaviors

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## **is for empathy**

**Foster an environment of compassion and collaboration.**

**Use:** reflections, open-ended inquiry, rolling with resistance.



## **is for asking**

**Ask questions to respect autonomy and be collaborative.**

**Use:** Open-ended inquiry, ask permission, ask what a patient is ready, willing, and able to do today.



## **is for translating**

**Translate outcome goals to behavioral goals. Translate "shoulds" and ideals to "winning ugly".**

**Use:** Ask what behaviors will help to achieve the goal. Re-focus on doing instead of shoulding.