**Improving Confidence & Conviction in Patients – Healthcare Provider Quick Tips**

***Conviction:*** A patient has beliefs about the importance of changing and adopting self management and their role in the process

***Confidence:*** a patient has expectations about the power or their skills to promote change

**Strategies to increase *conviction*:**

* Identify discrepancies between goals and current behavior
* Increase the patient’s awareness and knowledge
* ask permission to provide new information
* invite patients to consider change
* offer options for receiving information and support their choice
* offer health when a patient/client is read to work on increasing knowledge

**Strategies to increase *confidence:***

* Review past experiences, especially successes
* Define small steps that are likely to lead to success
* Teach skills (demonstrate and encourage repeated practice)
* Identify resources