

Simple OARS Observation Worksheet

Listen for examples of the listener's use of each of the OARS responses. As you hear them, place a hash mark (/) in the appropriate row. Make notes of examples of each type of OARS response that you heard.

Counselor Response	Count (hash marks)	Good Example(s)
<p>Open Question</p> <p>Questions whose answer is not short-answer, yes/no, or rhetorical.</p>	<p>Open:</p> <p>Closed:</p>	
<p>Affirmation</p> <p>Acknowledging the person, commitment, strengths, effort, and intention.</p>		
<p>Reflection</p> <p>Restating, reframing, or expressing person's thoughts, feelings and change talk.</p>	<p>Simple:</p> <p>Complex:</p>	
<p>Summary</p> <p>Gathering and reflecting topic areas or statements related to change of target behavior.</p>		

Adapted from MINT TNT Resources for Trainers (2004)