

Sparking Action Using L.A.M.B.S.

Helping a Person When They Feel Stuck



#1 Listening: Offer Empathy!

Come alongside and understand the person's hopes and ambivalence about change.

Tools:

- Miracle Question: If you could change anything about your life, what would you change? What would be different if that change occurred?
- Understanding Ambivalence: Understand mixed feelings about the change by asking about the pros of not making the change and the cons of making the change.



#2 Advocacy: Amplify Voice!

Identify justice issues and advocate with and for the person.

Tools:

- Understand the person's life situations.
- Offer warm referrals by providing assistance as they access community programs.
- Advocate when they are not treated fairly.



#3 Motivation: Create Momentum!

Use motivational interviewing skills to increase motivation, confidence, and hope for the future.

Tools:

- What is the best case scenario if you make the change and the worst case if you do not?
- Help the person connect the positive change to their values.
- Break the change into small steps and celebrate action taken.



#4 Beliefs: Renew the Mind!

Identify and replace self-limiting beliefs with healthier ones.

Tools:

- Identify self-limiting beliefs and healthier ones to replace them with.
- Identify scripture or examples from the person's life to support the healthier belief.



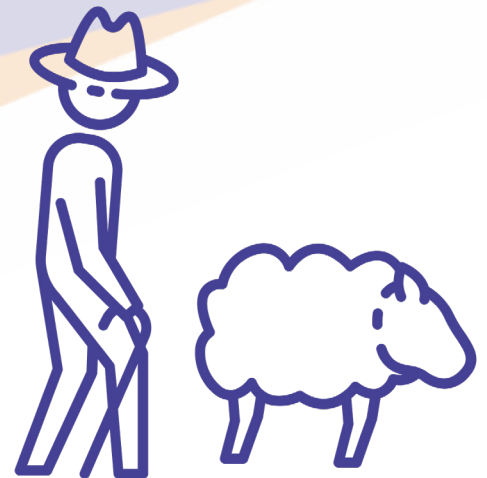
#5 Spiritual Support: Set Free!

Recognize spiritual strongholds and offer prayer, discipleship, and spiritual support.

Tools:

- Prayer, discipleship, Bible study, deliverance

“He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.”
Micah 6:8



Listening
Advocacy
Motivation
Beliefs
Spiritual

“We all have times when we need someone to spark action and guide us, and times when we can offer that support to someone else”