



PREGNANCY & SUBSTANCE USE: A PEER'S ROLE

Module 1.2: Tools, Ethics, and Boundaries

OARS Skills Practice Worksheet for Peer Doulas

Purpose

This worksheet is designed to help peer doulas practice and strengthen their Motivational Interviewing (MI) skills using the **OARS** approach:

- **Open-ended questions** – Encourage deeper exploration.
- **Affirmations** – Recognize strengths and efforts.
- **Reflective listening** – Demonstrate understanding and build trust.
- **Summary statements** – Reinforce key points and keep the conversation focused.

As peer doulas, we use OARS to build trust, support autonomy, and explore changes related to wellness, recovery, and parenting, without judgment or pressure.

Scenario Practice 1

Person says:

“I’ve been feeling overwhelmed. Some days I don’t even want to get out of bed, let alone take care of myself or this baby.”

Open-ended Question:

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Affirmation:

>

Reflection (simple or complex):

>

Summary Statement:

>

Scenario Practice 2

Person says:

“My partner gets really mad if I don’t answer right away. I’ve been scared to go to my prenatal appointments.”

Open-ended Question:

>

Affirmation:

>

Reflection (simple or complex):

>

Summary Statement:

>



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Scenario Practice 3

Person says:

"I used last week. I know I shouldn't have, but everything felt like too much. I feel like I failed."

Open-ended Question:

>

Affirmation:

>

Reflection (simple or complex):

>

Summary Statement:

>

Your Own Scenario

Think of a real-life situation you've encountered or might encounter in your peer doula role.

Person says:

> *(Write a quote or scenario here)*

Open-ended Question:

>

Affirmation:

>

Reflection (simple or complex):



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Summary Statement:



Reflection Questions

1. Which OARS skill feels most natural for you?
2. Which skill do you want to grow more confident in using?
3. How can using OARS help reduce shame and build trust with the people you support?



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