

PRACTICE: Eliciting Change Talk

Speaker:

- Identify a personal behavior change that you are ambivalent about AND feel comfortable sharing
- Introduce the topic briefly -e.g “I am thinking about changing/doing....”

Listener – elicit Change Talk using:

- No more than 3 open questions (can include Importance/Confidence scales)
- LOTS of reflections
- No problem solving – focus on understanding the problem

Observer – pay attention to the Change Talk:

- You will be prompted to provide a summary of the problem and change talk
- Finish with a final question: “What comes next for you?”