GROWING CHANGE TALK

Provide an example of how you might respond to client change talk using each of the four strategies for growing change talk (EARS).

EXAMPLE:

"I always thought I would maybe go to community college, but I never earned my high school diploma and had these kids and now it's too late."	
Ask for Elaboration:	Can you tell me more about your goals for your education and where that fits with your plan for your life?
Affirm:	I can see that you value education and that is awesome!
Reflect	There is a part of you that really wants to maximize your potential.
Summarize:	You see a lot of potential in yourself and think maybe earning some more education is something you want, but there are some practical barriers that would have to be overcome.

PRACTICE 1:

"I know I shouldn't use marijuana so much. I know it's not always healthy for me."	
Ask for Elaboration:	
Affirm:	
Reflect:	
Summarize:	

PRACTICE 2:

"I know smoking is bad for me. My doctors and my partner have made sure of that."	
Ask for Elaboration:	
Affirm:	
Reflect:	
Summarize:	

PRACTICE 3:

"I should probably try to exercise a little more. It would probably help my mental health and it wouldn't hurt my waistline either."	
Ask for Elaboration:	
Affirm:	
Reflect:	
Summarize:	