

IDENTIFYING CHANGE TALK OR SUSTAIN TALK

The following are statements you might hear from clients. Read each and identify whether each is an example of change talk (C) or sustain talk (S) by placing a check mark in the appropriate column.

CHANGE TALK = EXPRESSED DISSATISFACTION WITH STATUS QUO/CURRENT STATUS

SUSTAIN TALK = SATISFACTION WITH STATUS QUO/CURRENT STATUS

STATEMENT		C	S
1.	I don't understand why I need to fill out that paperwork		
2.	I smoke a little but not nearly as much as most people I know.		
3.	I would like it if my kids would mind better.		
4.	If things don't change, I'm worried about what will happen.		
5.	I don't like the way my partner controls all the money.		
6.	...but he is a good provider for me and the kids.		
7.	I would like to learn how to do things differently.		
8.	Everybody is making a big deal out of nothing.		
9.	This is how it was when I was raised, and I turned out fine.		
10.	I want to be a good example for my kids.		
11.	I know someone who smoked until the day they died at 95.		
12.	My doctor is worried about my smoking.		
13.	If I had a GED I could get a better job...		
14.	...but it is hard now that I have the kids.		