

RESPONDING TO SUSTAIN TALK

Provide an example of how you might respond to client sustain talk using each of the five strategies for "rolling with resistance."

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."	
REFLECTIVE RESPONSES	
Straight reflection:	It seems too late to go to college. OR You thought a lot of things in your life would be different. OR You value education and see potential in yourself. OR You're disappointed that you haven't earned more education.
Amplified reflection:	It seems hopeless – there is no way to further your education in your current situation.
Double-sided reflection:	On the one hand, you want more education. On the other, it's hard to see how you could make progress on that now.
STRATEGIC RESPONSES	
Emphasize choice and autonomy:	Whether you try to get more education is totally your decision.
Reframe:	At the same time, the kids give you extra motivation and you've learned a lot about how to manage your time that you didn't know when you were younger.

PRACTICE I:

"I know I use marijuana a little, but it's a lot safer than alcohol or lots of other junk people around here use."	
Straight reflection:	
Amplified reflection:	
Double-sided reflection:	

PRACTICE 1 (CONTINUED):

“I know I use marijuana a little, but it’s a lot safer than alcohol or lots of other junk people around here use.”

Emphasize choice and autonomy:

Reframe:

PRACTICE 2:

“I’ve tried to quit smoking so many times before and it just seems like nothing I try will work.”

Straight reflection:

Amplified reflection:

Double-sided reflection:

Emphasize choice and autonomy:

Reframe:

PRACTICE 3:

"I've never liked to exercise and even though people say it makes them feel great it has only ever made me feel tired and sore."

Straight reflection:

Amplified reflection:

Double-sided reflection:

Emphasize choice and autonomy:

Reframe: