

Appendix C

Evidence of Change Talk:

Following are the primary types of change talk:

- Desire: Verbs that tell you what the person wants (wish, want, like).
- Ability: Verbs that reveal what the person feels they are capable of (might be able, could, can).
- Reason: Phrases that gave a specific rationale for wanting to change (I would feel better if I..., I could play with my grandchildren if I...).
- Need: Verbs that show an imperative necessity (must, have to, ought, need).
- Commitment: The strongest form of change talk. Statements that convey dedication (will, plan to, try, consider it).

(Rollnick, Miller, & Butler, 2008, p. 35-42)

Identify what type of change talk each phrase is.

1. If I put my mind to it I can usually do it.
2. I will spend less money if I quit.
3. If I want to see my grandkids grow up I'll have to stop smoking.
4. I really want to be healthy.
5. I have to control my blood pressure; it is not a choice anymore.
6. My kids hate it when I drink and I don't want to lose them.
7. I would love to lose some of my weight.
8. I have controlled my blood sugar before, I can do it again.
9. My goal is to quit by Thanksgiving.
10. I want to get my blood sugar controlled.
11. I'm quitting smoking tomorrow.
12. There is no other way. I need to start.
13. My cloths will not smell anymore if I quit.
14. I have the willpower to do this.