

Getting to the Heart and Mind of the Matter

Motivational Interviewing

Change Talk Exercise

Now, it's your turn to practice recognizing change talk! Find Table 4 below. Read each statement in the first column. In the second column, write-in what change talk category this statement falls under (desire, ability, reasons, need, commitment, activation, taking steps). Have fun with this!

| Statement | Change Talk Category? |
|--|-----------------------|
| Example: I'd like to find out more information about vaccine safety. | Desire |
| I am a little afraid that if I don't get the vaccine, I might get sick and not get better. | |
| I must take care of my family and can't afford to take sick time off. | |
| I have nothing against medicine. I go to the doctor when I need to. | |
| I scheduled an appointment at the pharmacy to get my vaccine. | |