ENCOURAGE EXERCISE #3
Facilitating Change Talk

Step 1:
Think about the habit or behavior you are interested in changing. Write about why you are motivated to want to change this habit/behavior below:


Step 2:
For each sentence you wrote, mark a letter corresponding to the type of statement you made:

D = desire statement
A = ability statement
R = reasons statement
N = need statement
C = commitment statement

Step 3:
How many statements did you make that were of the Commitment type? Research suggests that the more “commitment to change” statements you make (change talk), the more successful your change effort will be.