

Applying Change Talk

Utilizing the 10 Strategies for Evoking Change Talk we just reviewed, brainstorm with your group questions or statements that you might pose to a consumer in order to:

1. Help the client say that their mental health or substance use is a problem:
(Example: “What are you noticing that you think you might be a problem?”)

2. Help the client saying that he or she is concerned about their mental health or substance use...
(Ex: “What has changed recently to make you feel more concerned about your mental health?”)

3. Help the client the client say that he or she intends to change their mental health or substance use...
(Ex: Summarize their decision balance and ask “What do you think is a next step?”)

4. Help the client express optimism about coping with situations (stress, relationships, etc.) that he or she has used as reasons to use in the past...
(Ex: “What do you think might work almost as well as drinking to handle stress?”)

5. Help the client express optimism about ability to abstain from using in various situations (cues, triggers, seeing other users, being in a bar) that he or she has associated with using in the past?
(Ex: “What things have you done in the past that were helpful to keep from using when you tried to abstain?”)