Practice to explore the difference between change and sustain talk.

Sustain Talk or Change Talk Instructions

Person 1: Talks about something they probably should change, want to change or need to change but have not yet started to change

Person 2: Uses OARS in an empathetic manner to focus primarily on sustain talk and help person 1 feel heard.

Person 3: Observes person 1 and uses Change Talk Tracker to track types of change talk/sustain talk.

Debrief

☐ What did it feel like as the speaker? As the listener?

☐ What types of change talk did you notice? Sustain talk?

☐ When might this be useful? When is it not useful?

Change Talk Tracker

	Change Goal:		
Type of Change Talk	**Number of Times Observed**		**Comments**
	Change	*Sustain*	
D Desire to change			
A Ability to change			
R Reason for change			
N Needs for change			
C Commitment to change			
A Activation to change			
T Taking steps			
Other Comments:			