



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.