

CHANGE TALK

- **D**esire: Statements about preference for change.
 - "I want to..."
 - "I would like to..."
 - "I wish..."
- **A**bility: Statements about ability.
 - "I could..."
 - "I can..."
 - "I might be able to..."
- **R**easons: Specific arguments for change.
 - "I would probably feel better if..."
 - "That would give me more energy to..."
 - "This keeps me from..."
- **N**eed: Statements about feeling obliged.
 - "I ought to..."
 - "I really should..."
 - "I have to..."
- **C**ommitment: Statements about likely change.
 - "I will..."
 - "I am going to..."
- **A**ctivation: Statements about readiness, willingness
 - "I'm ready to look for..."
 - "I'm willing to..."
- **T**aking Steps: Statements about action taken.
 - "I actually went out and..."
 - "This week I started..."
 - "I am now doing..."