

## **Change Talk Practice Ideas**

### **Listening for Change Talk:**

1. Review the various kinds of change talk (DARN CAT) and maybe have the Change Talk handout with you.
2. Find a conversation to listen to. This could be:
  - A client session that you sit in and observe
  - A recorded client session of yours
  - An overheard conversation in a public place
  - A movie or TV show (reality shows can work well)
3. Listen carefully for change talk. If it is a recording, stop to notice it and figure out which type it is.

### **Responding to Change Talk:**

1. Review Tip # 121, Responding to Change Talk, and print out a copy of Practice Responding to Change Talk.
2. Collect change talk from the exercise above or right after a session, jot down all the change talk you heard in the clients own words. Of course you will not remember all of it. Just put down as many as you can reproduce.
3. Pick one example at a time and jot down at least 3 responses you could have made.
4. Read your change talk examples one at a time to your group and discuss how strong each response feels. Tweak them if necessary.
5. Repeat with each example you have.