Change Talk Exercise Questions

- **Ask the person if he would kindly describe the situation they would like to change.**
- **Reflect what you understand about what he shared. Try to include in your reflecting what this might mean to the person and/or how he is feeling about this.**
- **Ask the person to tell you why he is considering making a change.**
- **Reflect what you understand about the why behind his wanting to make this change.**
- **Ask the person what reasons he has for making this change.**
- **Reflect what you understand about why this change is important to him.**
- **Ask her to elaborate.**
- **What other reasons might he have for making this change?**
- **Ask the person what ideas he has about how he would approach this change, if he decided to make it.**
- **Reflect what you understand about what ideas he has about approaching this change.**
- **Ask him to elaborate on his other ideas about how he might approach this change.**
- **Ask the person how confident he is that he could make this change, if he decided to do so.**
- **Reflect what you understand about his level of confidence.**
- **Ask the person what he imagines he might do going forward. Summarize what you have heard throughout the entire conversation.**