Sustain Talk vs. Change Talk

Activity to explore the difference between change talk and sustain talk

Part 1: Sustain Talk

Activity

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.

Discussion Points

- 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

Activity

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 change 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.

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## Change Talk Tracker

### Change Goal:

<table>
<thead>
<tr>
<th>Type of change talk</th>
<th>Number of times observed</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>D - Desire to change</td>
<td>Change</td>
<td>Sustain</td>
</tr>
<tr>
<td>A - Ability to change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R - Reasons for change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N - Needs for change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>C - Commitment to change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>A - Activation to change</td>
<td></td>
<td></td>
</tr>
<tr>
<td>T - Taking Steps to change</td>
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</tr>
</tbody>
</table>

Other Comments: