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## Cocktail Hour with MI

### Skills:

- Identifying Change Talk, Sustain Talk and Discord
- Using OARS, Evocation Strategies and EARS

### Materials:

- Music for mingling
- Index Cards

### Instructions

**1) WRITE:** Please write a change goal that you commonly work with in your field on the top of your index card (show example). Then, write 3 statements that a client may say: one statement of discord, one statement of sustain talk, one statement of change talk. If you need help figuring these out, feel free to raise your hand or ask a neighbor for help.

**2) MINGLE:** In a minute I will be turning on the music and inviting you to mingle. Feel free to walk around the room or even dance. Once the music stops, turn to the person closest to you. At that point the partner who has the (longest hair/darkest clothes/soonest birthday/etc) will begin by reading the change goal, then reading one of their statements. The responding person will need to guess if this is a sustain talk, change talk or discord statement. Then the responding person will give a response to that statement. Once the music starts again, the process starts over. We will be doing about 5 rounds of this activity.

**3) REVIEW STRATEGIES:** Before we start, let's review the different ways we respond to change talk/sustain talk/discord. I will write these responses on the board as a reminder while we are doing this activity.

Motivation	Open Ended Question
Ambivalence	Reflection
Intrinsic	Double Sided Reflection
Extrinsic Motivation	Amplified Reflection
Change Talk	Complex Reflection
Sustain Talk	Values
Self Efficacy	Apologizing
Righting Reflex	Compassion
Discord	Evocation
Change Goal	Elicit
Acceptance	Partnership (Collaboration)
Autonomy	Equipoise
Affirmation	Guiding