



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

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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:

Type of change talk	Number of times observed		Comments
	Change	Sustain	
D esire to change			
A bility to change			
R easons for change			
N eeds for change			
C ommitment to change			
A ctivation to change			
T aking S teps to change			

Other Comments: