Client Language Exercise

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| **Sustain Talk** | Response | Possible Client Response and Your Response |
| Write two examples of sustain talk based on problems with importance | Write 2 complex reflections and one open question | Write how the client might respond and what you would say next |
| Write two examples of sustain talk based on problems with confidence | Write 2 complex reflections and one open question | Write how the client might respond and what you would say next |
| **ChangeTalk** | Response | Possible Client Response and Your Response |
| Write two examples of change talk based on problems with importance | Write 2 complex reflections and one open question | Write how the client might respond and what you would say next |
| **ChangeTalk** | Response | Possible Client Response and Your Response |
| Write two examples of change talk based on problems with confidence | Write 2 complex reflections and one open question | Write how the client might respond and what you would say next |
| **Working with Discord** | Create Discord | Respond to the discord |
| Example: I just love smoking and how it makes me feel.  Take two of your change statements and write them here: | You say: But smoking is really harmful to your health.  Client says: I know all of that but I still love to smoke.  Write what you could say to create discord and how the client might respond | You respond: It is not okay for me to lecture you and I apologize. If there were any reasons for you to make a change, what might they be?  Write how you would respond to the discord you have created. |