



How would you respond? Activity sample

Instructions

For this activity listen to the activity audio (How would you respond activity audio sample) which includes two scenarios, each with two statements (one change talk and one sustain talk).

Your task is to use the template on the following page and respond to both the **change talk statements** and the **sustain talk statements** for each scenario.

During the audio activity you will hear a **beep** between statements. When you hear this beep...

- **pause** the audio,
- **consider** how you would respond, then
- **record** your answer in the spaces provided

When responding draw on what you already know about MI as well as any other MI based material you have looked at on the www.hma.co.nz site.

Scenarios

1. An alcoholic wanting to cut back his drinking as it's affecting his work
2. A drug addict wanting to go straight for the family's sake

Your responses to change talk and sustain talk statements

1. An alcoholic wanting to cut back his drinking as it's affecting his work

Response to change talk:

Response to sustain talk:

2. A drug addict wanting to go straight for the family's sake

Response to change talk:

Response to sustain talk:

Take the frustration out of helping people change! Would you like the ability to quickly engage with clients, elicit loads of change talk, and ultimately help clients to help themselves?

[Click here to discover how we can help you](#)