

# A Change Interaction



# Interactive Group

## 1. Key principles

- Change talk
- Acceptance
- Less is more
- Righting reflex
- Autonomy and choice

# Exploring Ambivalence

<b>Good Things</b>	<b>Not So Good Things</b>

# Interactive Group

## 2. Key Transitions during “real-play”

- Open the encounter
- Ask open-ended questions
- Negotiate the agenda
- Assess readiness to change
- Elicit change talk
- Explore ambivalence
- Ask about the next step
- Close the encounter

# Interactive Group “Real-Play”

(continued)

## 2. Key Transitions during “real-play”

- Open the encounter
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# Interactive “Real-Play”

- a. Open the encounter
- b. Ask open-ended questions
- c. Negotiate the agenda

**Real-play proceeds in similar manner with other transition steps!**

- d. Assess readiness to change using the ruler
- e. Elicit change talk using the “backwards” question
- f. Explore ambivalence
- g. Ask about the next step
- h. Close the encounter

# Rulers

How important is it to you to change this?

.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Not at all

Extremely

How confident are you that you can change this?

.....1.....2.....3.....4.....5.....6.....7.....8.....9.....10

Not at all

Extremely