

## Examples of Change Talk

### DARN CAT

#### **PREPARATORY CHANGE TALK: DARN**

**Desire:** A wanting, wishing or willing. They do not express specific reasons, but express a general level of desire.

**Ex. I want, I wish, I (would) like, I am motivated to, I (would) enjoy.**

- I would like to stick to my medication regimen.
- I really want to lose weight.

**Ability:** Personal perceptions of capability or possibility of change. Generally express a level of ability.

**Ex. I can, I could, I am able to, it's possible for me.**

- I could quit drinking.
- I can stop drinking because I have the willpower.

**Reasons:** Specifies a particular rationale, basis, incentive, justification, or motivate for making the target behavior change.

- If I stick to taking my medication, then I would have better control over my diabetes.
- If I stop smoking I will stop putting family members' health at risk.

**Need:** Necessity, urgency, or requirement (for change). Usually, these statements do not include specific reasons, but express general level of need.

**Ex. I need, I must, I have to, I've got to, I can't keep...**

- I've got to quit smoking.
- I can't keep smoking crack.

#### **MOBILIZING CHANGE TALK: CAT**

**Commitment Language:** Agreement, intention or obligation to future target behavior change.

**Ex. I guarantee, I am prepared to, I swear, I am going to do it, I intend to change.**

- I am going to quit smoking.

**Action:** Current movement toward change.

**Ex. I am ready, I am planning to.**

- I am planning to cut back on my marijuana use.

**Taking Steps Toward Change:** Describe a particular action that the person has done in the recent past that is clearly linked to moving toward the target change.

- I got rid of all the alcohol from my house this week
- I worked out for 3 days this week!