

Encourage Change Talk

Use these kinds of questions to help students experiment with the possibility of values-consistent behavior change.

How does the change match your values?

- Why make changes now?
- What is important to you about making this change?
- How would your life be different if this changed?
- What else in your life could this change affect?
- What will happen if you don't make this change?
- What will happen if you do?
- How important is this outcome to you?
- What kind of life would this change contribute to?

What behaviors would match your values?

- What are some of your options to move toward this change?
- Which options are you considering?
- What would someone who's important to you (a close friend, family member, coach, or mentor) think of these options?
- How do you feel about yourself as a result of exploring the possibility of change?

What happens now?

- What's your first step?
- When do you plan to start?
- How confident are you that you can make this change?
- If this doesn't work out, what else could you do?
- If this does work out, what could you do next?
- How can I support you?
- Who else can support you? How?