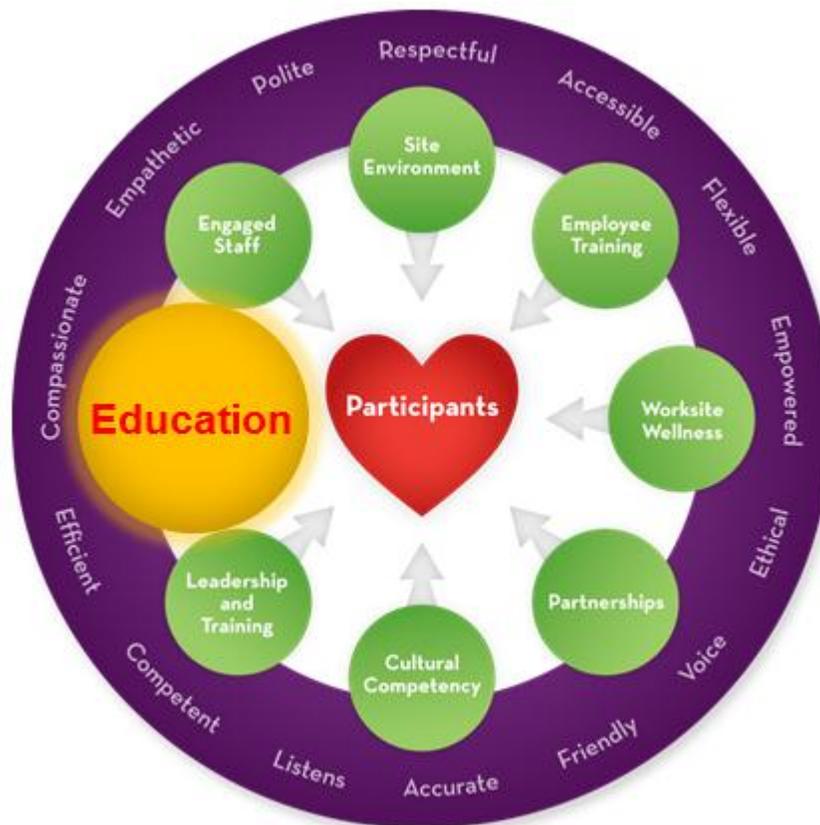


CHANGE TALK

Participant Centered Education

Trainee Workbook



Activity 1



CHANGE TALK



Change Talk:

When someone
TALKS about **NEEDING** to change or
MENTIONS a **REASON** for change or
SIGNALS that she may be **THINKING** about change.

The Importance of Change Talk:

We are more likely to change when
we identify our own reasons for change and
talk about them.

Recognizing Change Talk:

“If you hear any of these kinds of statements,
they may be change talk”

Desires	Abilities	Reasons or Fears	Needs
<i>I wish...</i>	<i>I could...</i>	<i>I'm worried...</i>	<i>I must...</i>
<i>I want...</i>	<i>I might be able to...</i>	<i>It would be better if...</i>	<i>I need...</i>
<i>I'd like...</i>	<i>I can...</i>	<i>I'm having problems with...</i>	<i>I should...</i>

What to Do if You Hear Change Talk:

Encourage them to talk about it:
“Tell me more!”

Activity 2

Decide: Are these change talk statements?

I don't weigh any more than anyone else does.

I know I will feel healthier if I exercise more.

I should do it for my family.

I don't like any vegetables except for French fries.

I did it before and I can do it again.

WIC just thinks everyone should eat healthy because there are so many nutritionists here.

I think I can eat some fruit each day in my lunch.

If I don't do something soon, I might end like my parents who have diabetes.

I mean, what's the problem anyway - all my other kids weren't breastfed and they are fine.

I might want to breastfeed my baby, but it seems hard.

It's tough to find time to exercise and eat well.

With the help of my friends, I know I can keep this weight off, and I will.

Activity 3

More Statements

My kids won't try anything new.

My husband would never drink 1% milk.

I can't get any of the weight off that I gained during pregnancy.

He always cries when I take away the bottle.

I can't keep up with my kids – I need more energy.

No way I'm joining a health club!

They say that breastfed babies get sick less often.

I don't have time to fix meals.

I'm not sure how the baby's father would feel if I asked him not to smoke around us.

I've had four other kids – I already know all about feeding babies.

I plan to take a walk every day for 30 minutes.

I'm starting to think - if you want to recognize change talk - you have to practice listening very carefully.

Activity 4:

What change talk statements do you think your participants might say?