

Evoke Change Talk: Four Questions

Motivational interviewing · Use: in session · Cockpit segment 3

How Tayla's sheet was filled in. Made together in session. Her words in each box, from costs of staying the same to intention.

Costs of staying the same

- Stuck at home a lot
- Hardly see my friends now
- Milo misses his walks
- My weight's gone up and I don't like it

Good things about changing

- More time with my friends
- Music on while I walk
- Milo would love it
- Feel better in my body

What tells me I could

- I used to walk Milo
- I already walk to the shops and the bus stop
- Two friends live close by
- Mum and Dad back me

What I might do (only if I choose)

- Walk Milo 10 minutes, two days a week
- Headphones and my playlist
- Text a friend about the river track
- I'll give it a go this week

For the clinician

Summarise her words back, then ask: 'What's next for you?'

Four-area structure after Miller & Rollnick (2023). Mindspan house sheet MI 02 is original text.

If this topic brings something up for you, pause and look after yourself. In crisis or feeling unsafe, call **000**. 24/7 support: **Lifeline 13 11 14 · Beyond Blue 1300 22 4636**.