

Change Talk Video

Observation form

Tick off when you hear a DARN/CAT statements	Please listen for the following change talk statements and write down <ul style="list-style-type: none">• what you heard• how the interviewer used their MI skills to explore change talk
	DARN statements Desire:
	Ability:
	Reason:
	Need:
	CAT statements: Commitment:
	Activation:
	Taking Steps: