

## Change Talk Bingo: Observer's Sheet

The Counselor is attempting to elicit from the Speaker at least one example of each of the following types of Change Talk. Listen carefully to each Speaker statement to determine if it fits into one of these categories. When you hear an example of a type of change talk, write the statement down in that box. When you have heard and recorded one example of all five types of Change Talk, stand up, leave your group, and come to the front of the room, bringing this sheet.

Counselor: \_\_\_\_\_ Observer: \_\_\_\_\_

**Desire:** Want, wish, like, etc.

**Ability:** Can could, able, etc.

**Reasons:** Specific reason for change

**Need:** Need, have to, important, etc. (without stating specific reason)

**Commitment:** Will, plan to, intend to, going to, willing, ready, etc.