



## Strengthening commitment talk

This worksheet is practicing how do we strengthen commitment talk. Below we've listed some ways to strengthen commitment talk. Read each scenario and craft your response. You can use our list as a guide or create your own!

### GUIDE:

- You've really decided this is what you want
- You've put a lot of thought into this and are feeling more and more clarity
- This is feeling more and more right to you
- You're committed to creating a more fulfilling life for yourself
- The more you talk about this the more resolve you feel, it's like a cloud of peace is settling over you.

1.) CLIENT: "The idea of leaving my home is difficult, I have so many memories here. But at the same time I hate the upkeep and I'm so lonely. I've been thinking about this for a long time and I know something has to change."

Response:

2.) CLIENT: "I'm tired of feeling so unhealthy. I know I don't eat well, but I also love food. I don't like the feeling of restricting myself because then I want to eat food even more. I get a lot of pleasure from having a good meal and a good dessert. But I also know this isn't a good long term lifestyle. I've got to make some changes if I want to be healthy down the road and for my kids."



Response:

3.) CLIENT: “Drinking is a rite of passage when your my age. I mean everyone does it. I don’t like getting blacked out, and I hate when I do stupid things in front of my friends, but everyone does it. I sometimes worry it will effect my focus on school and getting a college scholarship, but then again, I figure everything will just work out, one way or another.”

Response: