

Strategically Responding...

SUSTAIN TALK

"I honestly don't think weed is bad for me because I'm passing my classes."

ST
CT

"What keeps you so focused on passing your classes?"

"And being successful in school is really important to you."

"How can't you recognize that your grades are dropping?"

"Weed hasn't really affected your school performance."

CHANGE TALK

"I don't want to be so stressed and depressed anymore. I want to feel better."

ST
CT

"What would feeling better look like to you?"

"You want to work on things that will relieve all the weight you're under right now."

"What do you think is causing all of the stress?"

"You're just overwhelmed with everything going on in your life."

CHANGE TALK & SUSTAIN TALK

"I want to stop vaping, but it's always around and I'm just used to it now."

ST
CT

"What are some of the reasons you'd like to quit?"

"Getting away from smoking is really important to you."

"Why do you think you can't get away from it?"

"It feels like a normal part of your life."