

Strategically Responding...

SUSTAIN TALK

"I don't think it's even worth it to reach out to my teacher at this point."

IS
CT

"What benefit could you see if you did reach out?"

"And there's that other part of you that wants this to be resolved."

"What makes you feel like it's not worth it?"

"At this point it just feels like a waste of time."

CHANGE TALK

"I just wish my mom wasn't so crazy or at least act halfway normal."

IS
CT

"What would life be like if she was normal?"

"You know you'd have so much less stress if you and your mom could get along."

"Why do you think she's crazy?"

"It kinda feels like nothing is going to change."

CHANGE TALK & SUSTAIN TALK

"I want things to be normal at home, but I swear they bitch at me just because they're bored."

IS
CT

"How would things look if it was better at home?"

"You feel like you would be more successful if people weren't on you all the time."

"Why do you think they are on you all the time?"

"Which makes you not want to put in any effort."