

Target Behavior: exercise

Client statements

1. The doctor said I might be able to get off some of my medications if I started some kind of exercise but I'm not so sure. 2. After all, it is easy to take the medications and they work. 3. But I don't like having to spend my money that way....could maybe buy something fun instead. 4. And sometimes the medications make me feel funny, tired. 5. But exercise is no fun and it would take time away from other things. 6. I do have a friend who walks every day and she lives in my neighborhood, has asked me to join her. 7. But then I would have to commit to a routine and now that I am retired, I don't like routines anymore.....just want to go with the flow. 8. On the other hand, I could use a bit more structure I guess. 9. You are likely going to tell me that I HAVE to do what the doctor says, but you know, I don't! 10. I guess I have to make some kind of decision, one way or the other.

Write down the numbers for the sustain talk statements:

Write down the numbers for the change talk statements:

Write down the number for the discord statement: