

In this podcast we will focus on: 1. The ignored “active ingredient” of MI; 2. Strengthening motivation(s) with change talk; 3. Employing change talk, EARS; 4. Increased change talk and resolving ambivalence; 5. Transition to task four – planning

We will use this script as part of the podcast to highlight and “role play” to capture some of these points.

Focus of change: Exercise

Role	Utterance	
Jackson:	Hello Raphael, thanks for coming to talk with me. What’s been on your mind?	
Raphael:	Well, I’m thinking about my exercise. I used to do more rigorous exercising. I would run a few times a week and be more mindful of my eating. But over the last five years, I’ve been doing less and realize that I am putting on weight.	
Jackson:	You’re not happy with the changes and would like to get back into a routine.	
Raphael:	I still have a routine; it’s just that I’ve been doing less over the last five years. I haven’t run much at all and even though I have healthy eating habits, I’m gaining weight. I must be taking in a lot more than I’m burning off.	
Jackson:	You’re committed to taking care of yourself and would like to do more than what you’ve been doing lately.	
Raphael:	That’s it and for some reason I keep promising myself I’ll do more, and you know what they say, “tomorrow never comes.”	
Jackson:	Tomorrow has arrived, today	
Raphael:	I keep telling myself that I should do more exercise. And it feels forced when I start to think about jogging again. I don’t mind jogging and know that when I get into it, I feel better mentally and physically, but it’s just so hard to get myself to do it. There was one or two weeks where I got myself to run a mile or two and I go back to the routine of making a promise that I’ll do it tomorrow....	
Jackson:	You ran, ran a mile or two.	
Raphael:	Right – two out of a hundred ain’t bad [hahahah].	
Jackson:	What are other things you’ve considered?	
Raphael:	Hmmmmm - Making smaller promises – like only committing to running 1x per week. I also heard a podcast where a runner committed to getting out there and only running for 5 min. And then they did more. I suppose having lower expectations is the thing but so far that hasn’t worked. I also thought	

	about getting my bike out, but it probably needs a lot of work and then what would I do come wintertime? When I travel, I'll go to the gym and pass by the treadmills to get on the stair climbers.	
Jackson:	Lots of options and you've been taking steps. What has worked for you in the past – getting into exercising more?	
Raphael:	That's the thing – I don't really know. It seems to just happen that I get up and do it and then do it again and voila – It's a pattern. And now that I'm thinking about it, though – I used to run with a friend and now I don't have that luxury; they had knee surgery.	
Jackson:	Having someone to run with was helpful.	
Raphael:	It was – when I didn't feel like doing it; they did and vice versa. It wasn't only their knee surgery..., my schedule has changed so much that I don't have access to a running buddy.	
Jackson:	And you're determined to figure out how to go solo.	
Raphael:	Well, I have no choice, for now. This helps explain why it's been so hard; I haven't thought of that and have been so frustrated with myself.	
Jackson:	Getting going on your own isn't as easy. I'm wondering if you looked ahead a few months and you were less frustrated, what do you see?	
Raphael:	I see me doing more rigorous exercise even a few times per week; even mixing things up. Listening to music or a book keeps me going once I get started. I can look ahead at travel days because I seem pretty good about getting to the gym. I can consider days when it's best for me to do more than walking.	
Jackson:	Doing more doesn't just include jogging; and you'd have music or a book to keep you going. You can see yourself being more planful.	
Raphael:	I guess I have to do something to push myself and getting started with anything takes more thought. Funny, I thought I'd just wake up every day and just do it. I have tried to plan – maybe I need to be more deliberate.	
Jackson:	This is really important to you, and you want to jump start by making some specific plans. Would it be OK if I shared a couple things that have worked for some folks?	
Raphael:	Yes, that would be great. I'm already feeling some momentum with the idea of planning more.	
Jackson:	Some people start off by adding one thing each week; I've seen others mark their calendar for the best days like you mentioned; and it's helped others	

	who've had a goal in mind – something to strive for. What do you think about these things?	
Raphael:	I like the idea of starting off with one day each week and even going so far to only promise short runs. I think my expectations have been so high that I just say, "screw it." I might consider the goal thing but worry that that might be too high of a bar to reach out of the gate.	
Jackson:	You can see yourself sticking with it if you lower your expectations.	
Raphael:	Yes, just thinking about it that way makes it seem more manageable. I think I would consider doing one different exercise and put that in my calendar.	
Jackson:	Could I ask you a question? (Raphael nods yes.) If you considered your confidence on a scale – 1 being not at all and 10 being very confident, where would you say you are?	
Raphael:	I'm probably at an 8.	
Jackson:	You're at 8; why not a 7?	
Raphael:	Ha, yeah, I've made these promises in the past and now that we've talked it out, it feels doable/manageable and I'm tired of hearing myself talk about it. I have to do something!	
Jackson:	It feels different after talking it out. What would you say it would take to move from an 8 to an 8.5?.	
Raphael:	Honestly, just seeing myself do it for a few weeks. I'm the only thing that really gets in the way. And it will be helpful to check in with you. That'll be a bit of accountability I'd have in the back of my mind.	
Jackson:	So, coming back in a few weeks – you want to give an update about what you've done. And you know – it's all a process and it's up to you how you go about your plan. I'm happy to support you.	
Raphael:	Thanks. Yes, I'd like to come back and update you on how I did. You've been helpful listening and helping me sort things out. It feels a bit clearer to me now.	
Jackson:	This sounds like a good next step. See you in a few weeks Raphael.	