

OARS TRACKING SHEET

Open-ended questions

Affirmations

Reflections

Summaries

CHANGE TALK TRACKING SHEET

Desire: Want, wish, like, etc.

Ability: Can, could, able, etc.

Reasons: Specific reason for change

Need: Need, have to, important, etc. (without stating specific reason)

Commitment: Will, plan to, intend to, going to, willing, ready, etc.