



## Motivational Interviewing

Identify the change talk in the following statements, and then Utilize your OARS to form what you would say next.

I could stop gambling if my wife would just get off my back.

If I just had enough money my gambling would be able to be less.

I used to enjoy spending a lot of time outdoors before I found gambling.

Gambling is causing me problems with my family and my job. I wish I could find a way to stop.

I know gambling is causing me financial difficulties. I would probably be better off if I could reduce my gambling.