

Affirmations Exercise

Think of an affirmation that you received in the past and write it down. What about the affirmation was particularly **impactful**? Why do you recall it months or years later? Share with a partner.

Think of the most challenging person you have encountered. Generate 3 genuine affirmations about them and speak them aloud to your partner. Consider how providing an affirmation to this person might influence the working alliance.

1. _____
2. _____
3. _____

Practice with OARS

Use OARS to row to Change Island. Working with a partner, stand in the center of the room. Talk with your partner about a change s/he would like to make. As you use OARS and elicit change talk, move towards Change Island. If you hear sustain talk, walk towards Sustain Ocean. Provide examples of the OARS that you use to elicit change talk.

Partner #1 Target Behavior: _____

Partner #2 Target Behavior: _____

O – Open-ended Questions _____

A – Affirmations _____

R – Reflections _____

S – Summaries _____