

Ambivalence Exercise

Review this paragraph, underline the sentences that represent change talk.

“I’m so exhausted from trying to manage my students’ behaviors in my classroom. I’d like to try something new, but I’m not sure where to begin. Besides, it’s hard for me to do anything new consistently. And these kids don’t seem to care what I do, or even care about school for that matter. When I try to be nice the class gets out of hand, but I know punishing them isn’t working. Besides, I want the vibe in my classroom to be better. I think some new strategies could really help, but I am too overwhelmed to put the effort in.”