

CONVERSATIONAL CHANGE

P	T	G	D	E	S	I	R	E	S	T	O	C	R
E	A	E	S	P	E	T	S	E	K	A	T	O	T
T	I	M	E	O	U	T	O	M	T	S	T	P	E
R	O	A	C	C	L	O	A	D	E	S	A	I	N
I	N	A	C	T	I	V	I	A	T	I	O	N	C
S	E	T	M	O	I	E	T	A	S	H	G	G	O
E	E	S	D	A	S	O	A	S	K	S	M	R	M
E	D	O	S	S	S	N	S	D	L	S	I	A	M
H	O	P	E	C	N	O	K	S	P	E	R	N	I
D	E	S	O	E	A	O	S	L	T	N	A	I	T
O	P	N	I	M	I	L	S	I	N	S	C	O	M
E	A	M	A	O	T	E	I	A	R	A	L	T	E
I	O	A	N	C	A	M	I	N	E	D	E	T	N
T	A	T	S	L	E	I	N	K	G	R	E	G	T

TASKS
COPING
HOPE
SCALING
TIMEOUT
ACTIVIATION
DESIRES
ACCLOADES
COMMITMENT
MIRACLE
REASONS
NEED
TAKESTEPS

Hint: You are searching for the words in the two most proven and potent
“Conversational Change Models”-

1. From Solution Focused Brief Therapy (Berg & De Shazer):
“M.E.C.S.T.A.T.”
2. From Motivational Interviewing: (Miller & Rollnick):
“D.A.R.N.C.A.T.”
3. Lastly, The **SageCraft** Christian Life Coach uses these Conversational Change Models to engender HOPE; Hope for Change, Hope for relief from suffering, hope for peace and joy, and ... Hope in the Risen Savior.