Example:

Client says;

“In the past, drinking caused me some problems.” – This may or may not be change talk. It’s what comes next that determines whether it’s change talk.

One could imagine this client saying next, “... but, it’s not really an issue any more”; this would not be change talk.

But, if the client says, “... and I guess it still is,” - this is change talk.

Or if the Agent reflects the original statement, “It caused some problems before and maybe still does,” and the client responded with “that’s true,” then it would be change talk.