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“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.

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