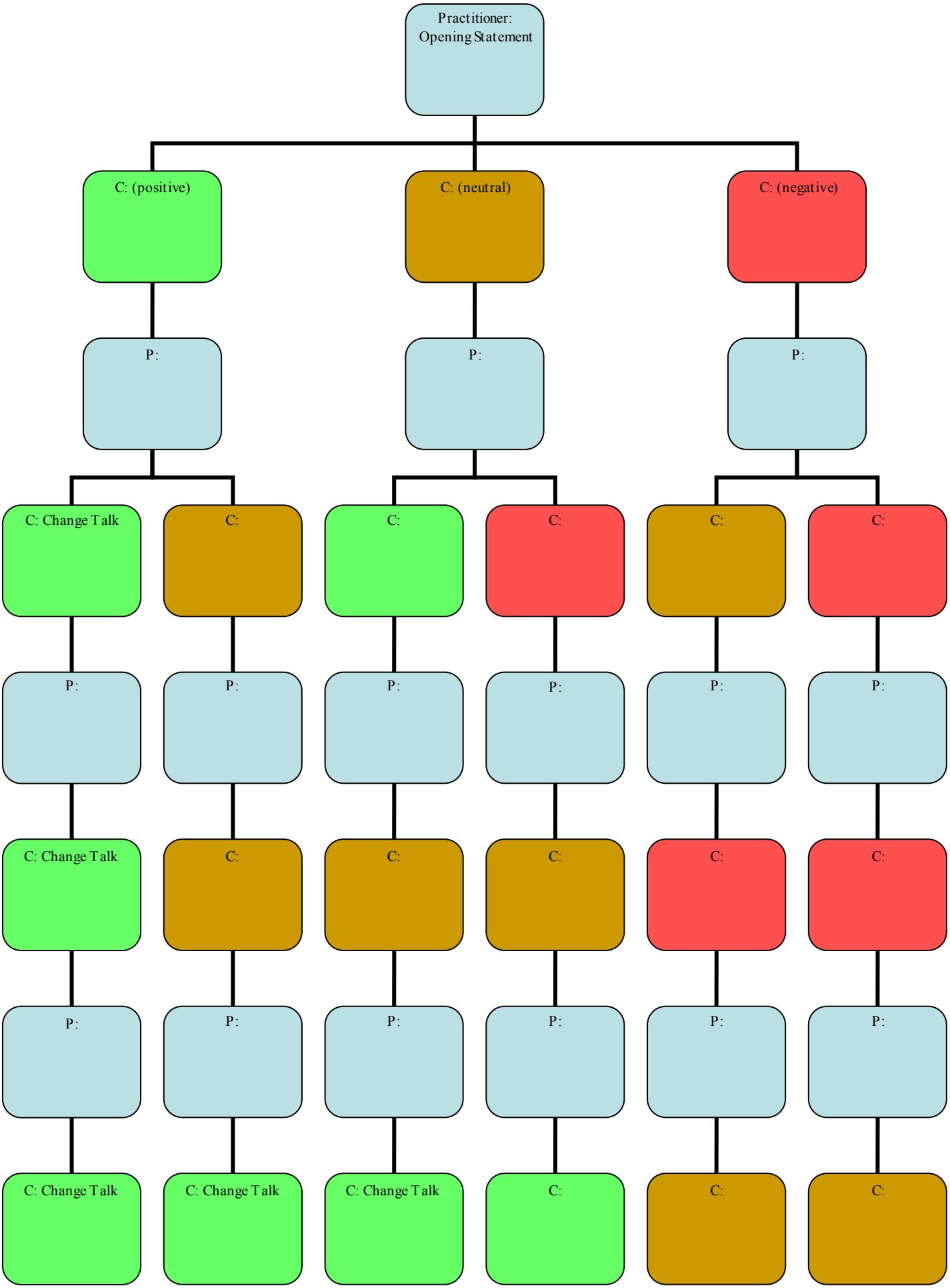

Practitioner: I understand your blood glucose levels have been running high
C: Much higher than these usually are. That's not good.
C: Yeah, my doc is a little worried.
C: I think the doc over-reacted.
P: You're a little worried about these.
P: And maybe you are too.
P: He's making too much out of it.
C: I know I can do better. I just need to get refocused.
C: I'm not sure that I'd say worried.
C: Yeah, a little I guess.
C: I'm not worried.
C: A little, but I appreciate his concern.
C: He didn't even bother to find out why.
P: You know what to do.
P: Worried is a little too strong.
P: What do you think you might do about this?
P: You wouldn't go so far as to say worried.
P: So, you're glad he's looking out for you.
P: And you think he should have.
C: Yeah. I've had pretty good control in the past. Things just got out of balance.
C: A little.
C: At this point, I have no clue.
C: More like taking notice.
C: I don't know that in this case I'm so glad.
C: Damn right, before he sends me off to talk to you.
P: What would it take for you to begin this process?
P: Maybe not worried, but you are paying attention. What about it has your attention?
P: You might like to do something; you're just not sure how to start.
P: And being serious about it
P: But here you are. Given our time here, what would be like to do with it?
P: You sound pretty annoyed.
C: I guess just putting a plan together and then starting.
C: I know the long-term risks if I don't take care of it.
C: Exactly. I'm feeling a little adrift.
C: I guess I am taking it serious or I wouldn't have come.
C: I don't know. I've never been in this situation before.
C: Yeah. I guess I am.


Practitioner:
Opening Statement
C: (positive)
C: (neutral)
C: (negative)
P:
P:
P:
C: Change Talk
C:
C:
C:
C:
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C: Change Talk
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