

UNDERSTANDING AMBIVALENCE TO CHANGE - WORKSHEET 2

Lesson Objective:

***Discover ways
to strengthen
motivation for
long-term recovery***

GETTING UNSTUCK

For complete recovery, it is not enough to just quit drinking or using drugs. Attitudes, beliefs, and thought patterns must be adjusted and lifestyle changes have to be made. Having a sense of ownership in your recovery journey will help you explore the connections between your actions and the pain they caused. You will have a more realistic view of your attitudes and accomplishments.

When forced into something, we become resistant, defiant, and stubborn. When we want something and it is our decision, we tap into a wide array of resources and internal strengths. It is so much

better if you choose, on your own, and decide for yourself, to be different and commit to your own self-determined goals.

When I make my own decisions, I feel:

- | | | |
|---------------------------------------|--|------------------------------------|
| <input type="checkbox"/> Cooperative | <input type="checkbox"/> Passionate | <input type="checkbox"/> Courteous |
| <input type="checkbox"/> Energized | <input type="checkbox"/> Collaborative | <input type="checkbox"/> Eager |
| <input type="checkbox"/> Enthusiastic | <input type="checkbox"/> Agreeable | <input type="checkbox"/> Strong |
| <input type="checkbox"/> Willing | <input type="checkbox"/> Diligent | <input type="checkbox"/> Empowered |

WEIGHING THE COSTS AND BENEFITS

Consider the following questions:

What difficulties have you had with your drinking, substance use, or mental health?

Describe several worries you have about your drinking, substance use, or mental health.

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List two or three reasons for making changes now.

What makes you think it would be okay to keep drinking or using substances?

Describe some of the advantages to making changes.

If you decided to make changes in your life, what would give you the strength to do so? How do you know you would be able to make them?

(Taken in part from Miller and Rollnick, ch. 13)

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MAKING PROGRESS

It is important to sort out your conflicted feelings and move away from any rigid position holding you trapped and feeling ambivalent. Developing the necessary skills will guide you now and in the future, as well as help you avoid being caught in the middle and feeling stuck.

As you solidify your treatment and recovery decisions, your motivation will increase dramatically. Difficult decisions are easier to make as you clarify your reasons for making changes. Keep those reasons in front of you and remember that you have the strength and boldness to make new choices and change your life.

WRITING YOUR STORY

Having a sense of ownership in your recovery can make all the difference. Feeling forced to change by a family member, or the legal system, often makes people resistant. Examine areas in your life where you initiated change on your own without someone demanding or commanding you. Explain how making your own choices and decisions has helped you, such as how much you accomplished or how you feel about yourself.

SOURCE

Miller, R. and Rollnick, S. (2013). *Motivational interviewing: Helping people change* (3rd ed.). New York, NY: Guilford Press.