Reasons for Change and Ambivalence - Practice worksheet

Place reasons to change, reasons to hesitate, and needed supports in separate columns.

Adults; supported use as appropriate | 15 minutes

Fictional example: Jordan wants fewer consequences and worries about losing a familiar coping strategy.

Use an ordinary or fictional example, with a clinician when appropriate. Mixed feelings can be explored without demanding readiness.

Practice task

Place reasons to change, reasons to hesitate, and needed supports in separate columns.

1. My chosen or fictional situation, and what I know about it:

2. My response to the practice task above:

3. What deserves understanding before a next step is chosen?

4. An optional next step, support, adaptation, or reason to stop:

Scope and adaptation

Adapt to individualized assessment and the person's chosen recovery goals. Worksheets do not manage intoxication, overdose, or withdrawal. Abrupt cessation of alcohol or benzodiazepines can be dangerous: seek medical guidance rather than using a worksheet to stop or taper. Follow existing emergency and overdose-prevention plans; medication choices belong with qualified prescribers.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Substance Use Disorders. Full source links and scope: library.morethantherapy.org/recovery/resources/SUR-A02-2