Reasons for Change and Ambivalence - Concept brief

Understand the idea behind reasons for change and ambivalence and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

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

The idea

Mixed feelings can be explored without demanding readiness.

An ordinary example

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

What this can look like

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

Check the fit

What deserves understanding before a next step is chosen? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

A useful distinction

A return to use is information for reassessing care and support, not a verdict on personal worth.

Reflection

What deserves understanding before a next step is chosen?

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-A02-1