

Exploring and resolving ambivalence

Use this resource to explore and resolve any ambivalence you have around changing.

(x) = the behaviour or habit you would like to change

Disadvantages of the status quo (the current situation)

- What worries you about (x)?
- What makes you think that you need to do something about (x)?
- What difficulties or hassles have you had in relation to (x)?
- What aspects of (x) might you or others see as concerning? In what ways do these things concern you?
- How has (x) stopped you from doing what you want to do in life?
- What do you think will happen if you don't change anything regarding (x)?

Optimism about change

- How confident are you that you can make this change?
- What makes you think that if you did decide to make a change, you could do it?
- What do you think would work for you (strategies, attitudes, values/beliefs, goals/plans etc.) if you decided to change?
- When else in your life have you made a significant change like this? How did you do it then and how could you do something similar this time around?
- What personal strengths do you have that will help you succeed?
- Who or what could offer you helpful support in making this change?

Intention to change

- How important is making this change to you? How much do you want to change (x)?
- At this point what is your thinking regarding changing (x)?
- What's going to have to happen before you feel ready to change?
- What would you be willing to try in order to change (x)?
- Of the options you've thought about, which option(s) sounds like it fits you best?
- Putting the how's of changing aside what do you want to have happen?
- Given what you've thought about regarding changing (x) what do you now intend to do?