Exercise

UK English

Motivation And Ambivalence

PSYCHOLOGYTOOLS®

Downloaded by Beverley Cummins on 2022-04-24

Motivation And Ambivalence

Description

Motivation to change is a critical component of success in therapy, but not everyone begins therapy in an ideal frame of mind. *Motivation And Ambivalence* is a worksheet which can help your clients to explore the advantages and disadvantages of 'changing' and 'not-changing'. Therapists can take advantage of the recency effect by exploring the advantages-of-changing last.

Instructions

Clients should be guided to reflect upon a specific problem or situation, and to consider the advantages and disadvantages of 'not changing' and 'changing'.

It is often helpful to consider the advantages of change as a final step in order to leave clients feeling hopeful about change, and to take advantage of the recency effect – clients are left 'primed' and aware of the benefits of change.

Downloaded by Beverley Cummins on 2022-04-24

Copyright © 2020 Psychology Tools Limited. All rights reserved.

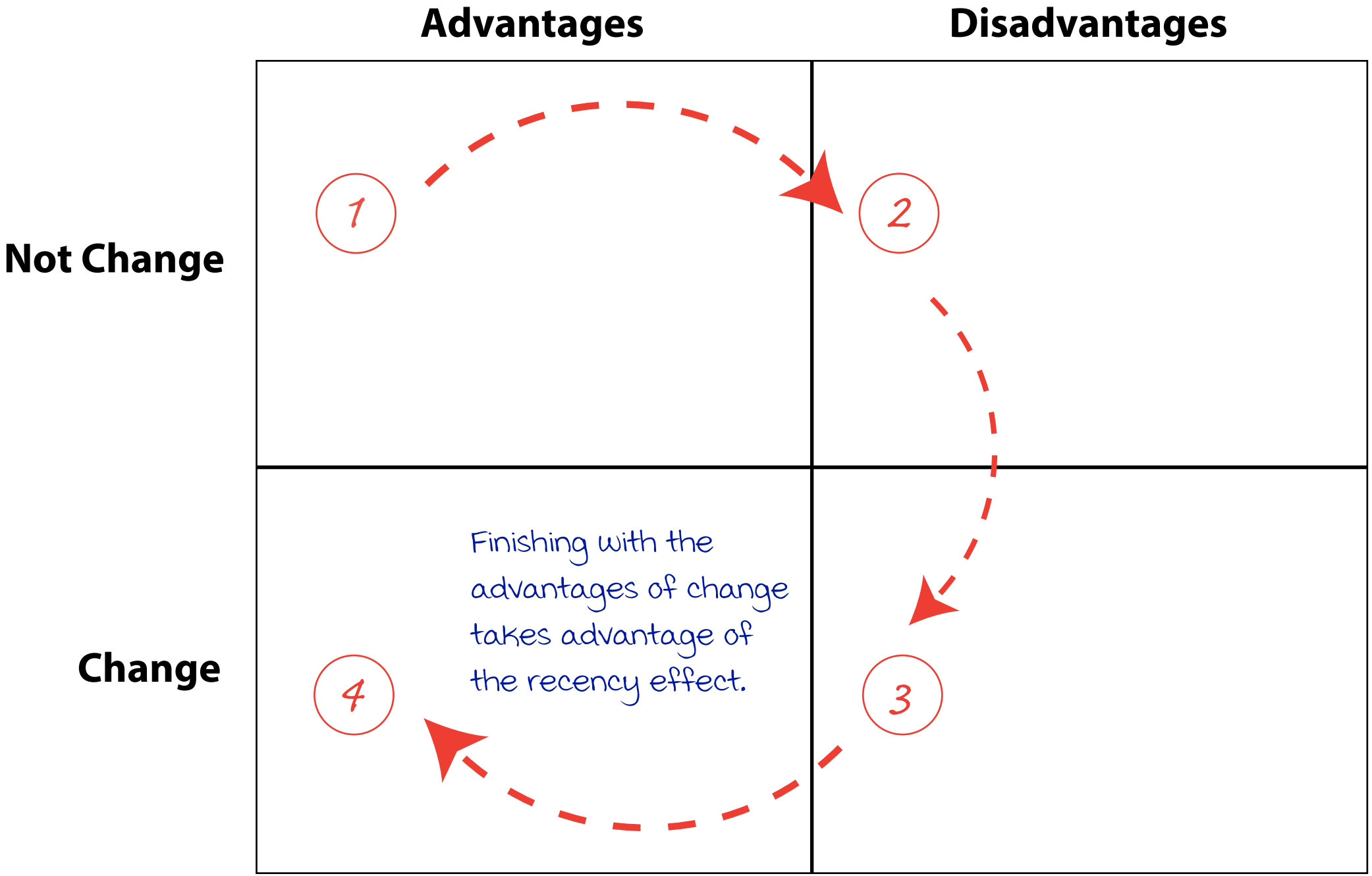
Motivation And Ambivalence

	Advantages	Disadvantages
Not Change		
Change		

Downloaded by Beverley Cummins on 2022-04-24

Copyright © 2020 Psychology Tools Limited. All rights reserved.

Motivation And Ambivalence



Downloaded by Beverley Cummins on 2022-04-24

PSYCHOLOGYTOOLS®

Copyright © 2020 Psychology Tools Limited. All rights reserved.

Resource details

Title: Motivation And Ambivalence
Language: English (GB)
Translated title: Motivation And Ambivalence
Type: Exercise
Document orientation: Landscape
URL: https://www.psychologytools.com/resource/motivation-and-ambivalence/

Terms & conditions

This resource may be used by licensed members of Psychology Tools and their clients. Resources must be used in accordance with our terms and conditions which can be found at: https://www.psychologytools.com/terms-and-conditions/

Disclaimer

Your use of this resource is not intended to be, and should not be relied on, as a substitute for professional medical advice, diagnosis, or treatment. If you are suffering from any mental health issues we recommend that you seek formal medical advice before using these resources. We make no warranties that this information is correct, complete, reliable or suitable for any purpose. As a professional user, you should work within the bounds of your own competencies, using your own skill and knowledge, and therefore the resources should be used to support good practice, not to replace it.

Copyright

Unless otherwise stated, this resource is Copyright © 2020 Psychology Tools Limited. All rights reserved.

Downloaded by Beverley Cummins on 2022-04-24