

Tool 11.1: Explore ambivalence⁹

Date:

Consider something you'd like to change in your life. Reflect on how you've approached change before using the questions below.

What is something you'd like to change about yourself? It could be a behavior you want to stop or add.

What gets in the way of making that change?

How does the pull of old behavior get in your way?

How do you respond to your ambivalence or inconsistency about this change?
How do you talk to yourself about it? How do you motivate yourself?

How do others respond to your ambivalence or inconsistency?
Are their responses helpful or unhelpful?

Could you start to incorporate new behaviors even if your old behaviors are still there?

⁹ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.