

Tool 11.2: Reflect on your loved one's ambivalence¹⁰

Date:

Think about change from your loved one's perspective. They have reasons for addictive behavior—even though you may see its drawbacks more clearly.

Reasons to change:

Reasons not to change:

In what ways does your loved one's behavior make sense to them?

What new behaviors could compete with old behaviors and make equal sense for their needs?

How can you effectively support your loved one in trying or maintaining those behaviors?

Now think about how you react when you witness your loved one's ambivalence.

How do I react in ways that are unhelpful?

What reactions would be more helpful?

¹⁰ Adapted from **The Invitation to Change: A Short Guide**. Published by CMC:Foundation for Change.