

Navigating the treatment system

Activity 7-1: Exploring ambivalence about change

One of the fundamental techniques of the motivational approach is to look at the benefits and costs of not changing and the benefits and costs of changing. Therapists call this *decisional balance*.

Think about what your relative might see as the benefits and costs of using substances. It may help you understand why your family member uses substances or is reluctant to seek treatment.

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| The benefits of continuing to use alcohol and/or other drugs for my family member may include: | The costs of continuing to use alcohol and/or other drugs for my family member may include: |
| The benefits of changing this use of alcohol and/or other drugs for my family member may include: | The costs of changing this use of alcohol and/or other drugs) for my family member may include: |