



To change or not to change? Which is the best for me?

Sometimes it's hard to tell if or what you should change about your use of alcohol and/or other drugs unless you write out the pros and cons (positive things and negative things) of each side. Use this chart to see what staying the same looks like compared to what making changes would look like.

| | Continuing my present pattern | Changing my pattern |
|-----------------|-------------------------------|---------------------|
| Positive things | | |
| Negative things | | |





To change or not to change – Instructions for Facilitator

Ask the young person to fill in the chart and use the answers to start a conversation.

Begin by exploring the two quadrants that contribute to “change talk” (positive things about changing and negative things about continuing). Seek to encourage the young person to focus in these areas and explore and develop their capacity to act on them.

What are the three best reasons for you to make the change?

How important is it for you to make this change (0 – 10) and why?

What are you ready or willing to do?

Normally you will not draw attention to the two quadrants that contribute to “sustain talk” (positive things about continuing the present pattern or negative things about changing). However, if the young person continually returns to those issues, it may be important to explore these areas with them. This may help you understand the barriers to change that they experience. In exploring their “sustain talk” you will be seeking to help them critically assess the issues and increase their ambivalence. But you should avoid the temptation to take up the pro-change argument by criticizing or challenging their “sustain talk.”:

Perhaps _____ is so important to you that you won’t give it up, no matter what the costs.

So what concerns you the most?

