



## Recognizing Ambivalence

Read each client statement and try and recognize their reason to change (change talk) as well as their reason to not change (status quo). Reflecting back both is a double sided reflection as well as it might be their ambivalence. \*We use examples from all the industries we train in-to submit your real life examples e-mail [tami.calais@ifioc.com](mailto:tami.calais@ifioc.com)

1.) Client Statement:

Employment Services example: “Of course I want a job. I’m tired of not being able to support my family, but I also want to find a job that’s within my payment level. I’ve worked a lot of years, and don’t want to settle.”

Ambivalence:

2.) Client Statement:

Senior Housing: “I love my home, my kids grew up here, I have so many memories. I have moments where I worry about being alone at night, and it stresses me out. But it’s my home, it’s familiar.”

Ambivalence:

3.) Client Statement:

Family: “Yes, I have. That’s one of the most important things to me as a father, because I don’t assume that the way I was raised was right (being hit by father). I know there were some things about it that were good, but for the most part I feel that there are things that I could improve upon and I’ve been working hard to improve these things, or maybe, in my opinion, I’ve been working hard.”

Ambivalence: