

# Sober Curiosity Handout

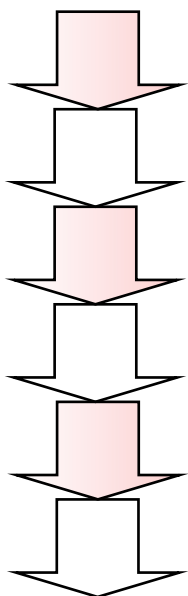
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## Stages of Change



- Stage 1: Precontemplation**
  - Denial
  - Ignorance of the problem
- Stage 2: Contemplation**
  - Ambivalence
  - Conflicted emotions
- Stage 3: Preparation**
  - Experimenting with small changes
  - Collecting information about the change
- Stage 4: Action**
  - Direct action toward a goal
- Stage 5: Maintenance**
  - Maintenance of the new behavior
  - Avoiding temptation
- Stage 6: Relapse**
  - Disappointment
  - Frustration

Which stage are you at?



## About Ambivalence

Ambivalence means having conflicting feelings about something.

Ambivalence is perfectly normal, but it can be very uncomfortable.

Ambivalence typically shows up in the “contemplation” stage of change, where you have recognized a behavior is no longer aligned with what you want. In ambivalence, you simultaneously wish to change and are fearful of the change.

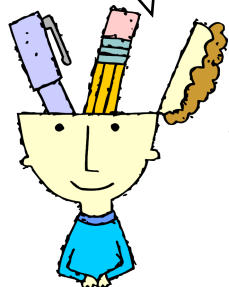
You don't have to get rid of ambivalence, but it's essential to acknowledge and examine it to move through it.

## Writing Exercise

### Tips:

Please find a pen and a piece of paper

- Do write it down instead of just thinking about it.
- Don't skip any section; you may be surprised by what you come up with.
- Remember to think about both long-term and short-term.
- Take a picture of what you write and keep it with you when you need a reminder



### Pros

of changing your drinking habit

### Cons

of changing your drinking habit

### Pros

of NOT changing your drinking habit

### Cons

of NOT changing your drinking habit

*Cutting back on drinking is not always easy.*

*Remember, support is available, and it's okay to ask for help!*

Check out our 8-session Sober Curiosity Group for a sober month challenge!