## Arizona Practice Improvement Collaborative ROLLING WITH RESISTANCE

The following list includes statements a client might say. Make a list in your group of the next thing you might say to the client in order to be helpful and roll with resistance. Write/say only one or two sentences. Reference the 8 ways of responding to resistance for help selecting a style that would work best.

- A 43 year old man says: "I really feel awful. Last night I got drunk again and I don't even remember what I did. This morning I found out the screen of the television is busted and I think I probably did it, but my wife isn't talking to me. I don't think I'm an alcoholic, you know, because I can go for weeks without drinking. But this has got to change."
- 2. "I only drink as much as I do because of the situation with my mother"
- 3. "I don't have a problem with my drinking. I always get up and go to work. I must be doing something right because few other business owners are as successful as me."
- 4. "I like to smoke. Have you ever smoked?"
- 5. "I've done every stop smoking program available. I did hypnosis three teams. I don't think anything will work."
- 6. "Your test here says I'm an alcoholic, but that can't be right. I can quit drinking anytime I feel like it.

7. "But everybody I know drinks! What am I going to tell my friends if I can't have a drink when I want to?"

8. "My wife is always exaggerating! I've never been that bad. I'm the first to admit that I use too much sometimes, but I'm no drug addict."

9. "I can really hold my liquor. I'm still standing when everybody else is under the table."

10. "I don't know why my doctor sent me here. She said something about my blood test looking like I'm an alcoholic. I suppose you're going to lecture me about my drinking."

11. "Everybody has to die sometime. Maybe smoking will do me in, but lots of people smoke all their lives and die of old age."