

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.

1. 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 times. 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.

