

# Rethinking Resistance Practice Work

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Based on Pre-Treatment Worksheet 2: Rethinking Resistance, write the new thoughts that inspires you to participate in treatment.*

New Thought 1: \_\_\_\_\_

New Thought 2: \_\_\_\_\_

New Thought 3: \_\_\_\_\_

Given these new thoughts, what are the behaviors that you are likely to display in group? How would an observer recognize that you are using these new thoughts rather than the thoughts we discussed during the first session on resistance? Please write at least 8 possible behaviors:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_