

# Rethinking Resistance

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

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

From the *Exploring Resistance* worksheet, write the 3 most powerful thoughts to each objection below, then circle the strongest 1 of the 3. Write a new thought in each of the boxes below that inspires you to participate in treatment.

Treatment isn't going to work.

There is nothing wrong with my use.

Thought

1.

2.

3.

Thought

1.

2.

3.

Thought

1.

2.

3.

New Thought:

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New Thought:

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New Thought:

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