

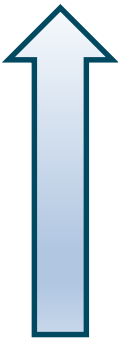
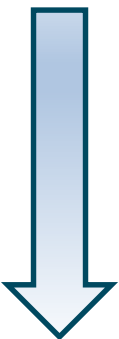
Reframing “Resistance” and Helping People Make Change that Lasts

Instructions: Identify a case or situation where you are experiencing “resistance” or where change isn’t sticking. In the worksheet below identify likely tradeoffs, normalized the behavior, and how you will check your new understanding with the person or family.

Identify likely tradeoffs

What is the “resistance” or behavior that didn’t stick?

What are possible tradeoffs from the person or family’s point of view? *Think about each domain.*

	
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Reframing

With this information about tradeoffs, what is your understanding of the underlying motivation for the behavior or decision?

Check your new understanding with the person or family

What are some questions you will ask the person or family to check your possible understanding?

Notes and ideas for co-creating a plan with the person or family to minimize tradeoffs