## AMBIVALENCE TOOL

### Instructions for Use:

1. List the behavior you want to change at the top.
2. List those reasons for staying as is (not changing this behavior) and those reasons you have for changing this behavior.
3. Note the behaviors in each list. Such is the nature of ambivalence.

<table>
<thead>
<tr>
<th>Behavior to Change:</th>
<th>✓ Reasons for staying as is</th>
<th>✓ Reasons to change</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Adapted from Fuller & Taylor’s *A Toolkit for Motivational Change*
The National Society of Health Coaches
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