

Ambivalence to Change

Ambivalence is regarded as a normal aspect of human nature – common to us all.

- “Part of me wants to, but part of me doesn’t want to”.
- “I know should, but I can’t be bothered”.
- “I know I said I’d diet, but I’m having this chocolate!”
- Getting stuck in ambivalence can make change difficult.
- We all have reasons for and against change inside us and our feelings can change back and forth often and can be influenced by other people and situations.
- Lifestyle change is difficult because it often involves many changes in everything we do, including habits and behaviours developed over many years.

Motivation: A Definition

Motivation results from the interaction of both conscious and unconscious factors such as the (1) intensity of desire or need, (2) incentive or reward value of the goal, and (3) expectations of the individual and of his or her peers. These factors are reasons one has for behaving a certain way.

Examples of different types of Motivation:

- “I only gamble on the weekends (and Friday night) and I don’t spend any more time and money than most of my friends, so why pick on me?” (**no motivation?**)
- “My probation officer told me I had to come and see you, that’s why I’m here!” (**‘external’ motivation**)
- “I’ve thought about it and I realise that gambling is ruining my relationship and I’ve spent all my savings, so I’m going to stop.” (**‘internal’ motivation**)