

Worksheet 5.4.1: DEARS practice

Role play is one of the best ways to practise DEARS

As a group or in pairs think up a scenario in which Edi is struggling and appears to be in two minds about making changes. The confident groups could try a role play. DEARS can be used intermingled with OARS and ALVS, and can be used at any stage of the cycle of change.

Develop discrepancy

Express empathy

Amplify ambivalence

Roll with resistance

Support self-efficacy