

Worksheet 5.5.2: Empowering carers when Edi is in the pre-contemplation stage or when facing a lapse when in recovery

When Edi seems stuck or in denial it can be easy for carers to become disillusioned. This exercise is designed to help carers to reflect on all the things they have learned and that are now in their tool box.

Bearing in mind all the exercises we have done on empathy, psychoeducation, animal analogies and motivational communication skills, in pairs or as a group, create a list of all the things that you can try whatever position your loved one is in on the cycle of change.

Remember that you can always role model:

- that change is possible
- it is OK to make mistakes
- nobody is perfect
- there is more to life than Edi
- self-care is extremely important
- LESS is more.