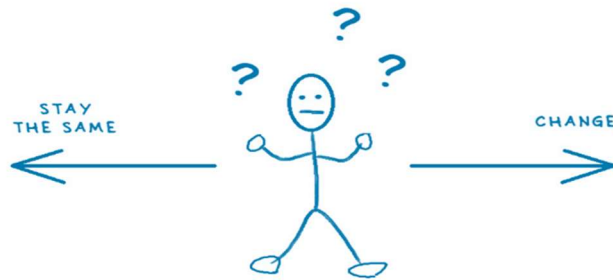


# Ambivalent Client Role-Plays

## AMBIVALENCE



Divide into groups of 3 with rotating roles:

- **Therapist:** Use their OARS and may use pros and cons list to help client
- **Client:** Acts out the scenario with genuine ambivalence
- **Observer:** Takes notes using observation sheet

## Scenario Options

**Scenario A: Substance Use** *Client is a 14-year-old who drinks heavily at parties with friends. They came to therapy for anxiety but acknowledge their drinking might be connected. They say: "I know I probably drink too much, but it's literally the only way I can relax. My friends all drink like this. I don't want to become some boring person who can't have fun."*

**Scenario B: Relationship Issues** *Mother in an emotionally volatile relationship. They say: "I love my girlfriend, but these fights are exhausting and my kids are really being affected. Sometimes I think about leaving, but we have so much history together. What if I can't find anyone else? What if this is just how relationships are?"*

**Scenario C: Taking Medication** *17-year old takes anti-depressants. I feel like such a loser to having to take medication for my depression. My parents don't believe in medication and tell me I should pray more. I don't know why I can't feel better without it. I'm thinking about stopping it for now. Would that hurt me?*

## Round Structure (8 minutes each round)

- 5 minutes: Role-play interaction
- 3 minutes: Observer feedback and group discussion

**Each person rotates through all three roles**