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Pt: I'm just not even sure that I want to do recovery.

T: I think that's an important insight when you say, 'I'm not even sure I want to do recovery.' And, can you say a bit more about that?

The therapist is experiencing an urge to convince this woman to stay in recovery. Instead of falling into this enactment of taking on the agency/responsibility for convincing the patient, the therapist tries to remain neutral and to simply explore the patient's ambivalence.

Pt: Well, the only reason that I'm doing it right now is because everybody else wants me to. My mom, she'll like hate me if I don't go to the rehab place and it's the same with my grandmother. They just don't know what to do with me anymore.

T: Do you remember our conversation on the phone the other day? You said, 'I really need to go into rehab because I drank again and I don't want it getting out of control.'

The therapist attempts to internalize agency by reminding the patient of a previously stated wish to quit drinking.

Pt: Well, because part of me doesn't want to keep drinking. Like, I know that it's just not right putting all that poison inside of me, and plus, when I drink I do really stupid stuff. And something really bad could happen to me.

The patient responds to the intervention by taking ownership of her concerns regarding her drinking behavior.

T: Does it get confusing then as to 'what other people want for me and what I want for myself?'

The therapist makes an integrative comment, bringing together the patient's polarized attributions of agency, i.e. both external and internal.

Pt: Well, I know what's best for me because all I get from drinking is trouble, but, to be honest, sometimes I just don't feel like putting in any effort, like to stop. I'd rather just keep drinking and drinking.

In response to these interventions, the patient has moved to a more reflective and integrated state of being.

T: So what you are saying is there's a big part of you that doesn't want to keep drinking, and…

Pt: And another part of me that does.