

**Developing Commitment,  
*not mandating* Compliance,  
Within Substance Abuse Tx**

**What's the diff?**

“**Compliance** refers to a behavior that is requested by another person or group; the individual acted in some way because others asked him or her to do so (but it was possible to refuse or decline).

“**Commitment is the state or quality of being dedicated to a cause, activity, or goal**”

**How do we  
develop  
commitment?**

**First, by establishing a  
“mutual context”**

**Then, by understanding  
our roles**

# ***A mutual context is one in which everyone:***

- **Has respect for personalities**
- **Participates in decision making**
- **Has freedom of expression and availability of information**
- **Shares mutuality in responsibility in defining goals, planning, and conducting activities.**

# In our roles, we should be:

- **Situated:** People gain a sense of meaning from the role and believe themselves competent within the role.
- **Social:** Influential, influence-able, and interdependent.
- **Autonomous:** Self determining.
- **Flexible**

# What can we do next?

- Share thoughts about whether or not ours is a mutual context
- Analyze our respective roles per the listed criteria; why or why not?

Have a nice day 😊!