

The Balance of Change

As people think about making changes in their life, there are often important reasons to have things stay the way they are, as well as to change. *Think about something you are struggling to change. Write it down here.*

Now answer the following questions:

Write down all the things you like about the status quo in relation to this situation:

Write down all the things that you either don't like as much or feel aren't so great about this situation or behavior:

Jot down a couple of examples of how these not so great aspects have affected you:

Consider how these two lists balance. Does one side weigh more than the other? Which issues weight more than others? Why?

Which statement best reflects where you are now with this behavior?

___ I am not ready to make a change

___ I might change, but not in the next month

___ I might do something about it in the next month or I might not

___ It's time to make a change and I'm just about to get started

___ I've already begun making changes

If you are not ready to change at present, but you think this is important to change at some point, what would need to shift for you to feel ready?