



Tipping the balance toward change

We tend to push back when people tell us why we should change. Working out what motivates **you** can help with making changes.

Making changes in our life can be difficult. So when we are given advice about why we SHOULD change it doesn't motivate us. Why? Because nobody likes being told what to do.

If someone tries hard to persuade us to change, we either argue back or zone out. It's weird, but persuasion doesn't motivate us when we feel stuck. In fact, making people feel bad, shaming or scaring them means they are less likely to change.

Why? Because we feel judged and criticised. We defend our actions by listing all the reasons why we haven't changed. The problem with that is we start convincing ourselves that we can't change. So how do you get to know what you really want instead of getting stuck defending yourself?

WORK OUT YOUR MOTIVATION FOR CHANGE

What do you really want? Think about any changes you might want to make to the way you are living your life.



It is normal to feel misunderstood, judged, shamed or angry when someone lectures you about why you need to change how you manage your thoughts, feelings or behaviours.



BUT WHAT DO YOU REALLY WANT?

Asking yourself the seven questions in this exercise can help you work out if you want to change the way you manage your thoughts, feelings or behaviours. Think about how you want to live your life.

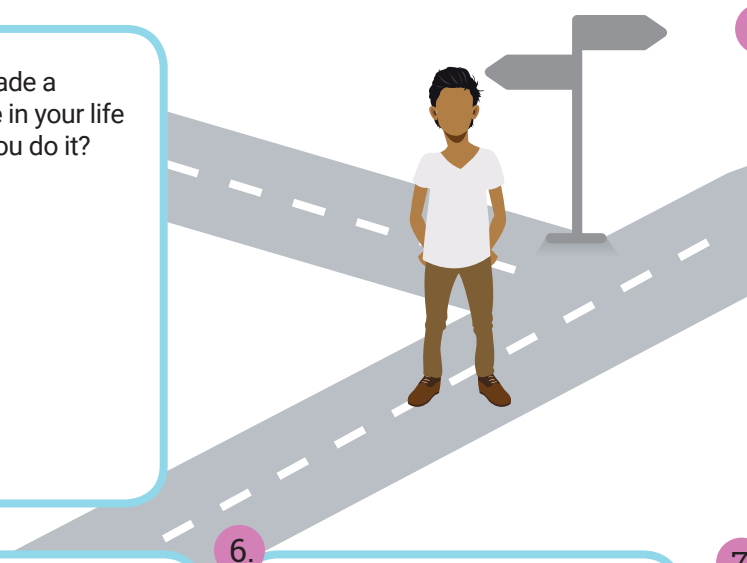
1. What **worries** you about the way you currently manage your thoughts, feelings or behaviours?

2. What **difficulties** have occurred because of the way you manage your thoughts, feelings or behaviours?

3. When have you made a **significant change** in your life before? How did you do it?

4. What are 3 ways you want your life to be different in 3 months?

- 1.
- 2.
- 3.



5. If you could change **anything** what would it be?

6. What are 3 of your **strengths** that will help you make the change?

- 1.
- 2.
- 3.

7. What are the 3 best reasons for changing?

- 1.
- 2.
- 3.



PRACTICE & REFLECT

What is your starting point for making some changes? Identify one thing you could try differently this week. Write it in the calendar and tick it off when you have had a go.

MON TUE WED THUR FRI SAT SUN

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