



# Thinking About Change

When we are faced with changes in our lives, we frequently feel full of contradictory emotions. Even when the change is welcome, we may still feel anxious or fearful.

Recognizing and acknowledging our mixed feelings about change can make the transition easier. Use this exercise to think through your feelings about something in your life that needs changing, or is about to change.



**Change:** \_\_\_\_\_

When I think about this change, I feel \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

In order to change this, I need to \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Good things that might come from this change include:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

But I also fear that these things might happen:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This change will affect others in the following ways:

Name	Effects of this change
_____	_____
_____	_____
_____	_____
_____	_____

I could take these steps to help move the change forward:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

These people could support me in this:

Name	How they could support me
_____	_____
_____	_____
_____	_____
_____	_____

Resources available to help me include:

Resource	How it can help
_____	_____
_____	_____
_____	_____
_____	_____