



# HOW CHANGE HAPPENS

**YOU CAN CHANGE. ALTHOUGH CHANGE ISN'T EASY AND IS USUALLY UNCOMFORTABLE. CHANGE TAKES COURAGE, PATIENCE, ACTION, PRACTICE, HONESTY, PERSERVERANCE.**

## 7 ENEMIES OF CHANGE TO BE AWARE OF (BEWARE)



### FALSE EXPECTATIONS

Behavioral change is **not linear**. Instead it is two steps forward, one step back.

Setbacks are not failures. It is nearly impossible to change without setbacks. View them as opportunities to learn and as part of the natural process of change.



### AVOIDANCE

Because change is hard, we may try to avoid our issues, and the possible painful feelings associated. Avoidance may beckon like an oasis in the desert, but it will leave you detached, yearning, disappointed and stuck. Face reality and **ACCEPT** what is in order to allow yourself the opportunity to change for the better. Avoidance includes **denial, procrastination, lying, escaping painful emotions rather experiencing and being empowered by them**.



### COUNTER DEPENDENCE

Human beings are relationally dependent, whether we like it or not. Human **connection is a NEED**, not just a want. We NEED at least one person in our lives to feel a sense of vulnerability and trust with. We can become hardened and "counter dependent" when we have been hurt, betrayed and let down by others. It is not bad or weak to need another. It takes courage and strength to invite another to help. And is essential for a sense of calm and protection in life, and overall well-being.



## LOSING FOCUS (NOT HAVING A SUCCINCT PLAN AND FOCUS)

Beware of having too many goals! It may be best to start with **ONE BIG GOAL**, and work backwards from there with smaller goals, rewards, and opportunities to enjoy change along the way. You may want to start with **WHAT ONE THING DO I WANT TO BE INCREDIBLE AT?** And the answer to this become your first **ONE BIG GOAL**.



## SHAME

It may feel uncomfortable to realize you may have lived your entire adulthood without having certain **emotional health skills and capacity to self-attune**. As you embark upon change you may also uncover regrets, traumas, mini-traumas and past experiences that require your attention and processing. You may discover certain aspects in which your caregivers fell short (no parents are perfect). Navigating painful emotions and shame requires bravery, clarity, the intent to learn and standing up to fears we may have buried deep within our subconscious.



## DISCOMFORT WITHIN

Change is typically uncomfortable at first. It may not even feel natural as our minds like to repeat behaviors because **there is comfort and imprinted "safety" in predictable outcomes and repetition, even if the behaviors and beliefs end up causing havoc** in our lives. Reprogramming your thought patterns, beliefs, and maladaptive protective strategies can be **anxiety producing** in the moment and can even feel alien-like.



## DISCOMFORT WITH OTHERS

You partner, family and friends may notice your new behavior and renown sense of self, and this may be uncomfortable for them and you at first. As you continue to improve and find your balance, their **reactions may be negative or positive**. Certain individuals may detect this change as a threat to the role they have placed you in (intentionally or not). Find comfort in the discomfort as you change and improve.



## RIGIDITY

Change is a **CREATIVE** process based on a "LIVING DOCUMENT". Allow for playfulness and **enjoy the ride of change**. Reassess your goals daily to ensure your path is truly your desire. If you realize what you thought you wanted is no longer what you want, realize this and modify your goals as you wish. It is having the mindfulness and awareness of what you truly desire, along with intent and action to create it.