

Making Changes

Use these questions in conjunction with 'The Change Matrix'

Unwanted behaviours – make a list of your *unwanted* thoughts, actions, deeds and go through the following for each task:

Why do I want to change?

What will changing get for me?

What am I **thinking** just before I do this behaviour?

How it makes me feel – *use all your senses and your 'sense' of logic.*

How would I like to feel?

What resources do I have to support my change?

What **thoughts** will support my goal?

What is likely to impede my goal?

What can I do to reduce the risk of sabotaging my goal?

What am I willing to sacrifice to achieve my goal?

What do I want more of?

What do I want less of?