



Exploring the Motivation to CHANGE

Do I pause and notice my reaction to this person and situation?

...Or am I letting my emotions get the best of me?

Do I recognize small steps as progress and acknowledge that change is hard?

...Or am I expecting a big change or full resolution right away?

Do I think about this person's thoughts and feelings?

...Or am I just focusing on his/her behavior?

Do I explore the other persons thoughts and exchange ideas about what to do next?

...Or am I stuck in my own ideas?

Do I listen and genuinely try to understand the person?

...Or am I just waiting for a chance to restate my position?

Do I listen more than I talk?

...Or am I talking more than I listen?

Do I keep myself sensitive and open to this persons issues

...Or am I talking about what I think the problem is?

Do I reassure this person that ambivalence to change is normal?

...Or am I telling him/her to take action and push ahead for a solution?



Thank You



~~—I'm sorry I'm late.~~

Thank you for waiting for me!

~~—I'm sorry for being so sensitive.~~

Thank you for being accepting of me.

~~—I'm sorry I always mess up.~~

Thank you for being patient.

~~—I'm sorry for talking about my problems.~~

Thank you for listening to me.

