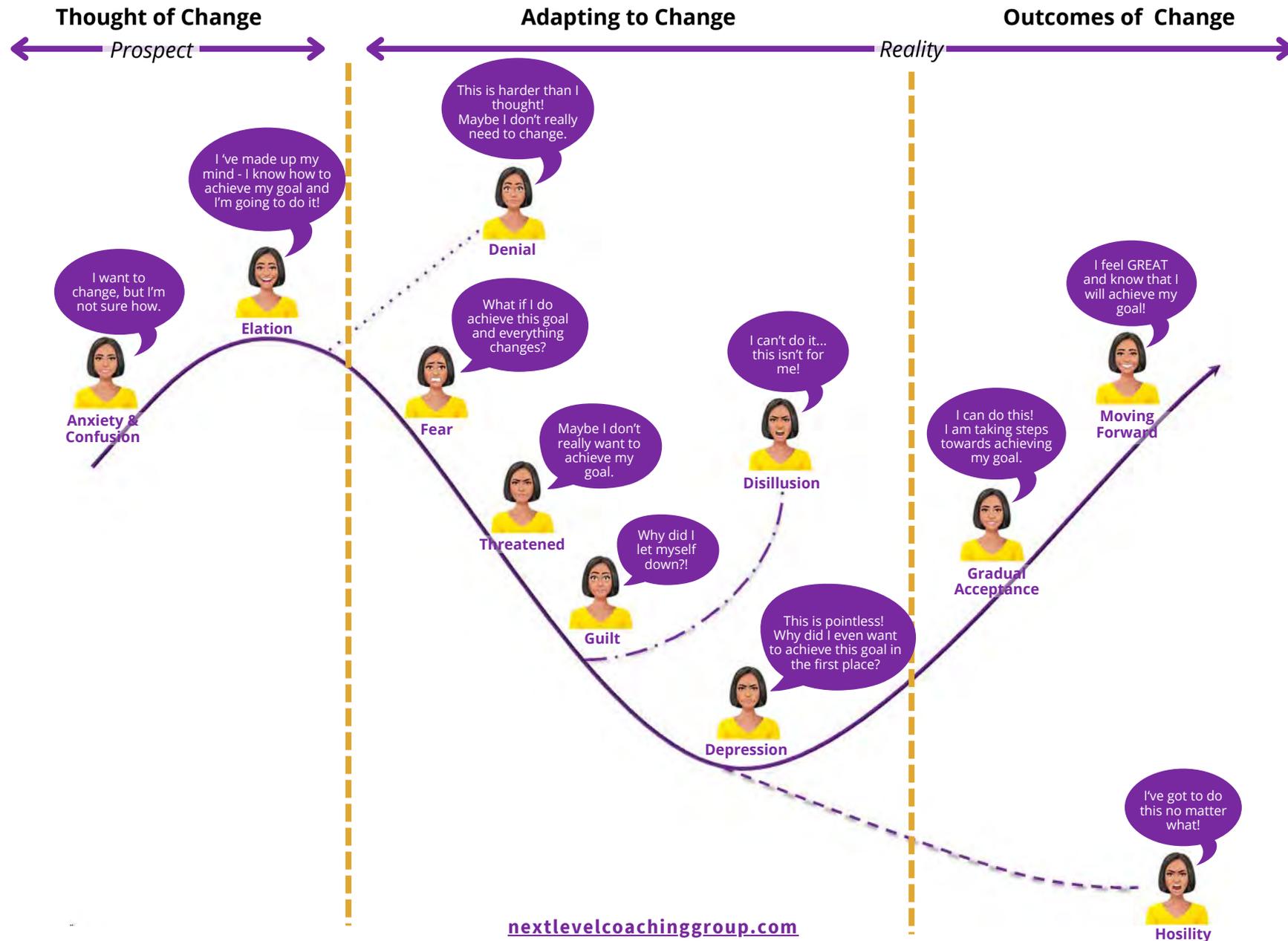


# Process of Change



# Process of Change

**The Process of Change** diagram (above) illustrates the different emotions we experience as we go through change and how uncomfortable it can be.

However, if we don't change, we can live boring, unfulfilling lives and achieve very little.

We all go through challenges and have to make tough decisions to make. You are definitely not alone. The diagram below illustrates the process of transition when we are going through a challenging experience.

## **Anxiety**

We often feel anxious when we have a tough decision to make. It is normal to feel a mixture of emotions – fear, nervousness, tense and jumpiness, irritable and restlessness

Your anxiety can also show up physically too including sweaty palms, heart pounding, tiredness, lack of concentration and in extreme cases, panic attacks.

## **Happiness**

After getting over the initial feeling of anxiety, you feel happy because you have made a decision to change, therefore things will definitely be different.

## **Denial** *(off-course)*

At this point you may decide that the change is just too much and you don't want to change, but prefer to keep things as they are. You reason with yourself that although you still won't be happy, things won't get any worse. You become stuck in a rut.

## **Fear**

You are scared because you know that things are going to be different. You are facing the unknown and, don't know how it will impact you and affect you.

## **Threat**

Because you are scared you feel threatened and under attack. You feel overwhelmed.

# Process of Change

## **Guilt**

You feel guilty and that you have taken on too much and can't cope. You feel like you have let yourself down.

## **Disillusionment** (*off-course*)

Feeling disillusioned, you convince yourself that this isn't for you. It's just too hard!

## **Hostility** (*off-course*)

When things seem too hard you shut down, you stop letting people help you and you stop allowing yourself to get better. You are determined to make a change, but don't understand why things aren't working out for you.

At this point, it's important to acknowledge there's a reason things aren't working and you may need to adapt/adjust your plan to get the results you want.

## **Depression**

Feeling guilty makes you feel sad. You feel that you are not good enough to make things work out for yourself. This leads to self-pity and you feel depressed.

## **Gradual Acceptance**

You realise that things are not going to get easier right away, but as long as you keep going and take things step by step, things will improve and you will see the changes you want to make.

## **Moving Forward**

As you begin to see things change more and more, you build momentum and this encourages you keep to going and make changes.

We will go through the process of change many times in all the areas of our lives – school, work, friends, family, etc. As we overcome one area of change in our lives, we will undoubtedly face another challenge (whether it's internal choices or external situations) and, then we face with another *process of change*.