

Creating Change That Lasts

How do we overcome external and internal forces and create lasting change?

First, Change is NOT a one-time decision! You may need to “decide” to employ your new behavior, thought pattern or skill multiple times each day, especially at first and in times of increased pressure/stress.

Second, you must have three key elements to create successful change:

“AIA”

1. Awareness – You need to put the spotlight on your inner thoughts, urges and feelings.

Key questions to answer:

What am I most dissatisfied about with my life? What one thing could I change that would significantly increase my happiness? So why am I NOT doing that now? What are some of the things I like about my current status? What are some of my worries about my current status? What’s the worst thing I think will happen if I continue to behave, think or feel this way?

What is my inner baby telling me through urges and feelings and my inner parent telling me through justifications and feelings about giving it up? What actually happens when I begin to give it up?

Listen to your feelings and rationalizations so you can know them and avoid acting on them. **Learn to develop a part of yourself that observes your thoughts and feelings, considers them and guides your choices as to what is truly best for you.**

2. Intention – Set your goals and make a specific plan and WRITE IT DOWN. Get an accountability partner to help you follow through with your intention. You know what “they” say about the road to hell...

3. Action - MOST DIFFICULT STEP! You must keep your awareness up DAILY and take action to fulfill your plan and intention NO MATTER HOW YOU FEEL and NO MATTER YOUR RATIONALIZATIONS. Action despite feelings slowly builds a new super highway.