

Making Changes-Questions to Think About

It is useful to think about the following questions in preparing to change. You may want to talk about your answers with your therapist.

Some questions to ask your therapist.

How can I change? What is involved?

What should I do if I need more help?

How can you help me to be successful?

Questions to ask yourself.

Why do I want to change?

What did I get from acting this way?

When I tried to change things in the past, what helped and what didn't?

What do I think will be the most difficult situations for me after I change? How am I planning to deal with them?

What will be better?

Who can help me? Family? Friends? Therapist? Other?

Exercise-try this:

You can *increase your motivation* to change before the session and *get more leverage* on yourself by doing the following simple exercise:

Make a list of at least *ten costs* that this situation has caused you – e.g. health, social interaction etc. – and *why you are no longer prepared to pay that price!*

Next. Make a list of *at least ten worthwhile benefits that this change is making* - health, friends, home, career, social interaction, opportunities etc

It is helpful to have these answers with you when you come for your appointment.

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