

## **Supporting change**

Change is something that most people want, but very few truly achieve. Many barriers to sustainable change exist and that results in people making short term gains and the falling back into old ways. We are quick to identify a variety of environmental factors as to why we did succeed in making the change, but rarely do we reflect enough to understand the internal forces that prevent change from occurring.

These internal factors are our learnt opinions, attitudes and behaviours. We can't change our behaviours without first looking at our thoughts and about the behaviours , and often we have a variety of unconscious thought process about particular behaviours.

These processes include:

- Memories
- Fears
- Victories
- Experiences

Change doesn't occur just because we want it to happen; we have to make it happen. This can involve hard work, but the prize is always worth it..

This work includes:

- Preparing
- Planning
- Persisting

Breaking your change goals down into small steps and having small rewards for each small step you take is a useful strategy to keep the ball rolling. If the target seems too far away, we are much more inclined to allow old thoughts and habits to creek back in. Use the supports around you, if you are having trouble setting goals and you are finding old ways hard to ditch, then get some outside support.

DR LISA WRIGHT  
CENTRAL WEST PHSYCHOLOGY  
0427 260 580  
CW.BIGPOND.COM.AU