

Exercise 1

The following two exercises are inviting you to think about how can we learn more about this process of change: how can we learn more about how people get from here, where they are, where they say they want something to be different around their health or some other suffering that they've got that's causing them problems in their life to where they want and hope to be.

What are the markers, the aspects of that change?

The first exercise will be to look at yourself, to use yourself as the subject matter. What I'd like you to do is to do a brief research project on yourself.

Think about something in your life that was significant where you came to a point of realizing you wanted to change. It could be a habit, a behaviour. It could be a relationship you were in that you want to get out of, that you were unhappy with or wanted to change. It could be some kind of food or substance related behaviour. Perhaps struggling to lose weight or struggling to give up smoking or some other habit with a substance or behaviour.

It could be something like stopping taking some sleeping pills that you went on at one point and then found yourself on for a period of time.

Think of something that you can treat as a small study project. What I want you to reflect on capture some thoughts an are:

What was the process leading up to you actually deciding you were going to do something?

What were the things that you remember that caused you to suddenly come to a point where you thought you needed to take some action?

How long were you thinking about that action before you started to take it? What were the actions you started to take? Did you start talking to people did you start making actual changes in your life? Did you suddenly change everything all one morning and how successful was it? Did it work straight away? Did you struggle? Did you go two steps forward three steps backwards? How much discomfort was there, if any?

Did you enrol people to support you or did you try to go it alone? Who were the people that were active supports to you? And what did they do that made their involvement supportive?

Finally:

Put the key supports you used in order of significance for you below.
