

DEALING WITH CHANGE

Change, both good and bad, is an inevitable part of life. By taking time to think through the change you're facing, you can work to make both the change and the emotions around the change more manageable. Use this worksheet as a tool to process an existing or upcoming change that you are facing.

DESCRIBE THE BIG CHANGE YOU ARE FACING AND WHAT IT MEANS FOR YOUR LIFE.

LIST OUT ANY EMOTIONS THAT COME UP WHEN YOU THINK ABOUT THIS CHANGE.

For a list of emotions, visit <http://bit.ly/emotionsunderneath>

WHAT WORRIES YOU ABOUT THE CHANGE?



WHAT ARE SOME ACTIONS YOU CAN TAKE TO REDUCE YOUR WORRIES AROUND THIS CHANGE?

WHAT EXCITES YOU ABOUT THIS BIG CHANGE OR WHAT POSITIVE THINGS CAN COME FROM THIS CHANGE?



WHAT ARE SOME ACTIONS YOU CAN TAKE TO INCREASE THE POSITIVE ASPECTS OF THIS CHANGE?

WRITE DOWN ANY SKILLS, ACTIVITIES, OR STRENGTHS THAT HAVE HELPED YOU COPE WITH CHANGE IN THE PAST.

WHAT ARE THE STRENGTHS, RESOURCES, OR SITUATIONS THAT EXIST TODAY THAT HELP YOU FEEL MORE CONFIDENT THAT YOU'RE GOING TO BE OK FOLLOWING THIS CHANGE?

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If you need more help working through big changes, use the *Practicing Radical Acceptance* worksheet accessible from mhanational.org/tools2thrive.

