

WORKSHEET - MY REFLECTIONS ON CHANGE

Am I ready for change?	
What are the ingredients for change to occur for me?	
What keeps me stuck?	
What helps me be open to change?	
When have I been surprised that a client or couple has changed so much they are ready to stop therapy?	
How can I shift my preconceived ideas about change in couples therapy?	
Changing my brain – my affirmations and positive self-talk.	
How can I change my expectations?	
What motivates me to change?	