

Remembering Changes

Think of a situation in which you made a significant change in your life. Please answer the following questions.

1. What was your initial reaction to this change?
2. Why did you decide to make this change? Was it forced on you?
3. Did your reactions to this process change over time?
4. Who or what helped you make this change?
5. What risks were involved in making this change?
6. Many changes involve loss. What did you lose when you made this change?