THE CHANGE PROCESS: HELPING YOUTH DEVELOP THEIR FULL POTENTIAL

“LET HE WHO WOULD MOVE THE WORLD FIRST MOVE HIMSELF.”—Socrates

“YOU MUST BECOME THE CHANGE YOU WISH TO SEE IN THE WORLD.”—Gandhi
I. WE HAVE TO HAVE A CLEAR INTENTION TO CHANGE.

A. AMBIGUOUS DESIRES DEFEAT CHANGE.

B. CHANGE CAN BRING FEAR—MUST BE WILLING TO FACE FEARS.

EX. KAREN’S FEARS AND MULTIPLE SURGERIES—JERRY

“EVERY ADDICTION ARISES FROM AN UNCONSCIOUS REFUSAL TO FACE AND MOVE THROUGH OUR PAIN.” –ECKHART TOLLE —EX. BILL

C. REAL CHANGE CAN’T BE COERCED—FORCE BRINGS RESISTANCE.

1. “SELF-DEFEATING KIDS”—A STRUGGLE FOR CONTROL.
2. “PASSIVE VOLITION” VS. “EGOIC” CHANGE (“SHOULDS”).
***THINK OF A TIME WHEN YOU DIDN’T TRY AS HARD, OR YOU “LET GO” OR “GAVE UP” AND THINGS WENT BETTER.***

*JACK SWARTZ—HYPNOSIS—CHAIN SAW*

3. EVERYDAY INVITE PROVIDENCE AND YOUR DEEPEST SELF TO SUPPORT YOUR INTENTION.

SUMMARY: INTENTION MUST BE CLEAR, UNCOERCED, AND CONSCIOUSLY CHOSEN.
II. INCREASED SELF-AWARENESS.
   A. CAN’T CHANGE WHAT WERE UNAWARE OF—MINDFULNESS ESSENTIAL.
      * William James quote
   B. 21 DAY EXPERIMENTS + CLINICAL EX.
      * REAFFIRM INTENTION WHEN YOU FAIL

DISCUSS A STUDENT YOU WORKED WITH WHO RESISTED CHANGING, WHO YOU HAD “LITTLE HOPE FOR”, BUT THEY TURNED THINGS AROUND. WHAT WAS THE KEY(S) FOR THEIR TURN AROUND?
III. UNCONDITIONAL ACCEPTANCE THROUGHOUT CHANGE PROCESS.

A. JUDGEMENT IMPEDES CHANGE—CAUSES RESISTANCE AND HURTS OUR INTUITION. *One finger story

B. NEED TO SEPARATE WORTH FROM BEHAVIOR AND MONITOR OURSELVES FOR NEGATIVE EMOTIONAL REACTIONS *TALKING DOG STORY

C. DON’T FOCUS ON RESULTS, IT INCREASES STRESS. St. Francis de Sales PG. 222
“Acceptance of the unacceptable is the greatest source of grace in the world.” -- Eckhart Tolle
IV. PRACTICE, PRACTICE, PRACTICE.

A. CULTIVATE NEW OR OPPOSITE HABITS.

1. EUPSYCHEA—”GOOD MINDEDNESS”—
“WHAT IS THERE HERE TO ENJOY.” {“KIND OF UNIVERSE”} pg. 246

2. CULTIVATE “ATTITUDE OF GRATITUDE”.

3. CHALLENGE SELF-TALK --OUR “STORIES”.

* GREEK QUOTE AND BYRON KATIE

4. PRACTICE FORGIVENESS TOWARDS SELF AND OTHERS. *MOVIE/HANDOUT

B. LEARN/TEACH-- BREATHING, MINDFULNESS, MEDITATION PRACTICES. CREATES NEUTRAL MIND--LIMITS EMOTIONAL REACTIVITY/PAIN.

* MEDITATION/COW EXPERIMENT/ST. FRANCIS
“YOU CAN NOT TEACH A PERSON ANYTHING, YOU CAN ONLY HELP THEM FIND IT WITHIN”.  -- GALILEO

“THOSE WHO BRING SUNSHINE TO OTHERS CAN NOT HELP BUT BRING IT TO THEMSELVES”  -- JAMES M. BARRIE

*STARFISH OR RESERVOIR, QUESTIONS and ANSWERS, HANDOUTS.*