Choosing Change: Discussion

Think about a bad habit or a behavior problem you have:

- How would you know if it is a problem for you? What would have to happen?
- What warning signs would let you know if you have a problem?
- Have you tried to change this problem in the past?

Now, think about what could be different:

- Why do you want to change right now?
- What would keep you from changing?
- What are the barriers today that keep you from changing?
- What might help you overcome whatever holds you back?
- What things (people, programs and/or behaviors) have helped you in the past?
- What do you think you need to learn about so you can change?