



OVERCOMING FEAR OF CHANGE

How do you overcome a fear of change? There are no easy answers, but there are some basic questions and ideas that can help you to understand that fear and “out-think” your fear and then come up with new ways to circumvent your fear and get past this obstacle.

First, consider some famous quotes related to the *fear of change*:

Directions: Read the following quotes below and circle the dot next to the one or two that stand out the most to you personally when it comes to overcoming fear of change:

- “By changing nothing, nothing changes.” -Tony Robbins
- “Your life does not get better by chance, it gets better by change.” –Jim Rohn
- “Nobody can go back and start a new beginning, but anyone can start today and make a new ending.” - Maria Robinson
- “Men go to far greater lengths to avoid what they fear than to obtain what they desire.” –Dan Brown
- “A year from now you will wish you had started today.” -Karen Lamb
- “You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.” ~Eleanor Roosevelt
- “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.” – Isaiah 41:10
- “The best thing you can do is the right thing; the next best thing you can do is the wrong thing; the worst thing you can do is nothing.” -Theodore Roosevelt
- “Do not fear change, change fear” – Karen Salmansohn
- “I have accepted fear as a part of life - specifically the fear of change.... I have gone ahead despite the pounding in the heart that says: turn back.” – Erica Jong
- “Don’t be afraid of change, you may lose something good but you’ll gain something even better” - Unknown



For Thought and Discussion:

- 1. Which of the above quotes stood out as meaningful to you personally and why?**
- 2. Think for a minute and be creative: What would it take to help you feel more comfortable with the thought of changing your life?**
- 3. What supports and strengths do you have that can get you moving forward in this process?**
- 4. Honestly, what is the worst that can happen if you try to change? What is most likely to happen?**
- 5. Use the Group and Others – Would you be open to taking a suggestion or advice from at least one other person or group member about overcoming fear of change? If so, pick someone and ask.**
- 6. Change Planning - What could you start to do in order to take a few small steps forward and then see what happens?**

Action - These simple questions alone may not be the answer to overcoming any apprehension you may have about change. However, if you think and meditate on these issues, such as your personal strengths, the likelihood that nothing really bad could happen if you just try, and the simple baby steps that you can take to get moving forward, then you can build hope that you can change and build the courage and desire to go out and get that better life that you deserve.

Final Goal Statement– Share with others, in conclusion, what is one thing you would be willing to start doing today in order to start changing for the better, even if just a little?