



DEALING WITH CHANGE

CHANGE ISN'T EASY –POSITIVE OR NEGATIVE CHANGE. THIS WORKSHEET CAN HELP YOU PROCESS AND DEAL WITH CHANGE.

WHAT IS THE CHANGE YOU ARE FACING AND WHAT DOES IT MEAN FOR YOU?

WHAT EMOTIONS COME UP WHEN YOU THINK ABOUT THE CHANGE?

WHAT BODY SENSATIONS DO YOU EXPERIENCE WHEN YOU THINK ABOUT THE CHANGE?

WHAT WORRIES YOU ABOUT IT?

WHAT EXCITES YOU ABOUT IT?

WHAT CAN YOU REALISTICALLY DO THAT WOULD REDUCE YOUR WORRY?

WHAT CAN YOU DO TO INCREASE THE POSITIVE ASPECTS OF THIS CHANGE?

WHO CAN YOU GO TO FOR SUPPORT REGARDING THIS CHANGE?

WHAT STRENGTHS, RESOURCES OR SITUATIONS EXIST TODAY THAT WILL HELP YOU FEEL MORE CONFIDENT ABOUT THIS CHANGE?



CVUSD
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