

Handout 1 The Change Process

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Handout 1 The Change Process

Handout #21, Page 1 of 1 CHANGE THE STEPS IN THE CHANGE PROCESS ARE TO: Unfreeze the equilibrium Move into a state of disequilibrium Freeze at a new quasi-stationary equilibrium (Source: Group Decision and Social Change by Kurt Lewin) THE IMPLICATIONS OF CHANGE ARE: Recognize that expressions of ambivalence, defensiveness, and

THE STEPS IN THE CHANGE PROCESS ARE TO: THE IMPLICATIONS ...

They may have made previous attempts to change, but have since given up. Contemplation . The individual is experiencing ambivalence about change. They can see reasons to change their behavior, but they are still hesitant. The problem behavior continues. Preparation . The individual has decided to change their behavior, and they begin to think about

Stages of Change - Therapy Worksheets, Tools, and Handouts

The stages of change (precontemplation, contemplation, preparation, action, maintenance, and relapse) depict the typical course of recovery when dealing with addictions, but they can be used with any difficult change. When clients learn about the stages of change, they can come to understand that ending drug use is a process.

Stages of Change (Worksheet) | Therapist Aid

Change Game 1: Cross Your Arms. Duration: 5 minutes. Number of participants: unlimited. Materials required: none. Description/Process: For practitioners facing a large class and not a lot of time, this exercise really gets the point of change across. After the introduction of the "change" subject, ask the audience to "cross their arms."

The Change Game: Engaging Exercises to Teach Change

SAFER Combustible Dust Management of Change - Page 1 SAFER Combustible Dust Management Assessment Handout Management of Change Management of Change is an extremely important process that Joint Health & Safety Committees should fully understand and adopt.

Management of Change - SAFER

19 Managing change UNIT HANDOUT 3.1 SCHOOLBASED PROFESSIONAL LEARNING FOR IMPLEMENTING THE COMMON CORE www.learningforward.org 1 V Phases of the change process Initiation Implementation Institutionalization Time Figure: The three overlapping phases of the change process (Miles et al.,1987) C

Phases of the change process - Teaching and Learning ...

* P/C/P Session 1: The Stages of Change * Change Process Objective: Consciousness Raising * P/C/P Session 2: A Day in the Life * Change Process Objective: Consciousness Raising * P/C/P Session 3: Physiological Effects of Alcohol * Change Process Objective: Consciousness Raising

Group Treatment for Substance Abuse: Addressing Motivation ...

Start to explore more deeply what the change means. Your instinct may be to behave resentfully and to be unwilling to cooperate, but this may cause yourself and others harm. So, search for and emphasize the positive aspects of your developing situation. At the same time, be patient . Remember, coming to terms with change is a gradual process.

Coping With Change - Facing Fear and the "New Normal"

Page one outlines the 4-stage process of how anxiety develops, and how to replace it; Page 2 provides a worksheet to guide the change process. Replacing the "Should's" (1 p.) Identifies a protocol for replacing Thought Distortion #8, Should Statements. "Blame Pie" - Replacing Blame or Self-Blame (1 p.)

Handouts on CBT - Counseling Library

In Project 1, you will be reviewing the process called the scientific method. You will make observations, run an experiment, practice collecting data, and draw conclusions. Use the lab handout to complete each project task.

project 1.pdf - Project 1 Scientific Method Lab Handout ...

Change Process Worksheet 1. List the attitude and/or habit you really want to change: 2. What is the positive opposite of this attitude and/or habit? (e.g. impatient - patient, disorganized - organized). 3. How did you develop the attitude in the first place? What events happened in your life? What things were said to you? 4.

Inspiration Press Change Process Worksheet

Exporting the Handout to a Word Document. To export the PowerPoint presentation to a Word Document to create handouts, first select the "File" tab. Next, select "Export" in the menu options on the left-hand side. On the list of options that appears, select "Create Handouts." Finally, click the "Create Handouts" button.

How to Customize a PowerPoint Handout Layout

Effective change processes shape and reshape good ideas as they build capacity and ownership among participants. There are two components: the quality of the idea and the quality of the process. p.14 4. ... that these highly successful organizations learned from the success of others but never tried to imitate what others did.

16 Fullan Coherence Short Handout

Achieve Lasting Change Handout #14, Page 1 of 2 Below are the stages of change in addition to questions that you can ask individuals to assist you in determining at what stage individuals might be in the change process. In addition, following the questions, are action steps that might prove useful in engaging

Stages of Change: Questions to Ask and Actions to Consider

4. Flowcharting or process mapping. Flowcharting, or process mapping, is a simple and effective way to understand what is changing. Flowcharts help people walk through a process one step at a time. You map the current state against the proposed state.

Change Management Tools and Techniques: The Complete List

Explores maintaining gains and focus on goals once the change process has started. Includes leader notes, worksheets, handouts, and sample discussion questions. Source: ... Make copies of session worksheets and handouts in Participant Handout section for group members.

Getting Motivated to Change

For this change management activity, you'll first want to get my free "Ups and Downs of Change" PDF. Fill out the form below to have it sent directly to your email. Using this list of change-related words, read aloud a term and ask employees to raise their hand if the term elicits a positive response and then again if they a negative ...

7 Fun & Engaging Change Management Exercises - Change ...

Change Plan Worksheet Example The changes I want to make are: 1. Stop smoking crack 2. Reduce my drinking 3. Take better care of my kids The most important reasons why I want to make these changes are: 1. Get out of trouble with probation-avoid dirty urines 2. Take better care of my health 3. Give my kids a better chance.

Change Plan Worksheet - Motivational interviewing

The processes of self-change can be recognized in any effort towards change, be it change of addictive behaviour (i.e. substance abuse) or establishing a healthier self-discipline (i.e. regular exercise). A brief summary of the characteristics of the stages of change. 1.

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