

## 3 Steps to Making Change

### Step 1:

Do your homework, fact finding about the issue, and might include writing a clear idea about what it is you want to change. Set up a **supportive network**, which might include friends, experts, or doctors if appropriate. Set a timeline for yourself.

### Step 2:

Be prepared and watch for signs that come up. Making the change may involve a reaction from your **emotional centre**. This is where that small part of you deep inside might really be afraid even though the rest of you seems to be on board.

Beware of your moods; are you lashing out at loved ones? Have you caught the flu or a cold, perhaps don't feel well overall? Are you spending more time sleeping and avoiding situations? These could all be signs that your emotional centre is having trouble with change.

### Step 3:

I'm always telling people to **meditate**. I like the experience because I get to sit with my feelings, feel what comes up and observe it. It hasn't always been this way, but once I recognize that feelings are coming to the surface, tense or fearful feelings, I know that sitting with them and acknowledging them is the best way to get through this period faster and without causing damage. It gives you a chance to reflect on what part of you is agitated and why.

Finally, change has to come from you. You won't be so willing to change if others are forcing you into it. When the time is right and you feel ready, the process of change will start.

Here is an article on how we [can train our brain to change behaviour](#).