

Do You Have a Hard Time with Changes in Your Life?

Objective

To understand your feelings about a specific change and discover ways to manage it more comfortably.

What to Know

Everyone experiences change, which is a natural part of life. As a teenager, you might face moving to a new school or coping with changing friendships or family dynamics. While change can be exciting, it can also be challenging and sometimes overwhelming. It's normal to have mixed feelings about big or small changes.

Change isn't always easy, but understanding your thoughts and emotions can help you feel more in control and less intimidated.

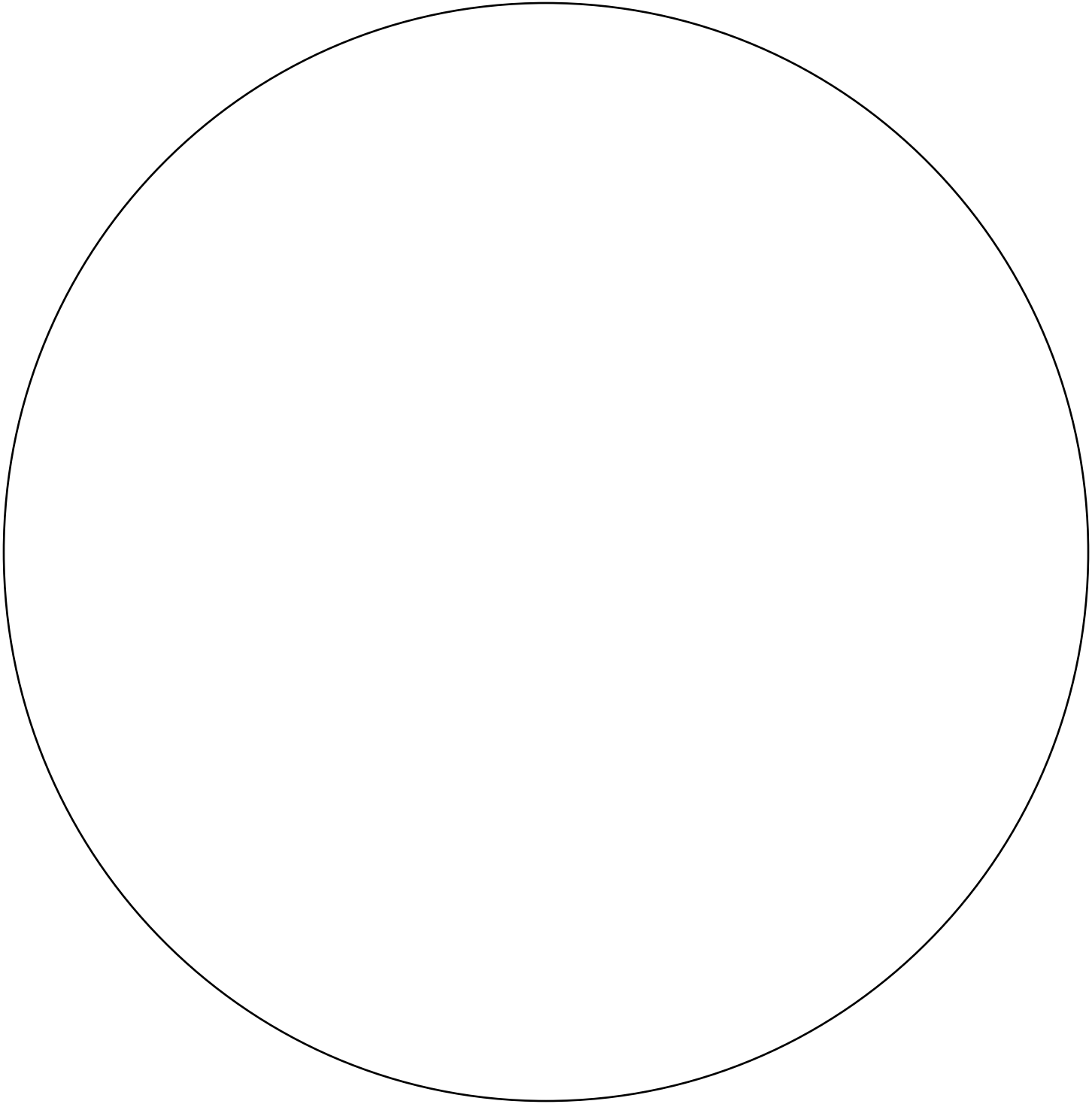
What to Do

Write down a recent important change you've experienced or are currently experiencing.

On the following page, divide the circle into four quadrants. Label each quadrant with one of the following titles: Thoughts, Feelings, Challenges, Opportunities.

1. In the 'Thoughts' quadrant, describe what you think about this change.
2. In the 'Feelings' quadrant, write about how this change makes you feel.
3. In the 'Challenges' quadrant, list the difficulties you are facing or might face due to this change.
4. In the 'Opportunities' quadrant, consider any positive aspects or opportunities this change could bring.

At the bottom of the page, provide additional details or information that might be helpful if you decide to share your map with others.



Choose one challenge from your map. Write down small steps you can take to address this challenge.

What's at least ONE step you can start with this week?

How do you feel after mapping out your thoughts and feelings about this change?
What came up for you?

Do you see the change differently now? If so, how?

After completing this activity, keep the map you created as a reminder of how you can handle changes. Regularly updating your feelings and thoughts on the map can also provide insights into how your perspective shifts over time.

Feel free to revisit this worksheet whenever you face a new change. Each time you do, you might discover new feelings or opportunities that weren't apparent before. Remember, navigating change is a continuous process, and it's okay to seek support from friends, family, or a counselor when things get tough.

Who can you talk to about this change? When will you talk to this person?

Reflections on This Exercise

Did anything surprise you about this activity? If so, describe.

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

What did you learn from this exercise?
