

DUCKLOW'S

CONTRACT FOR CHANGE

WE ALREADY KNOW THAT CHANGE IS HARD. OUR HABITS AND "OUR WAY IN THE WORLD" IS WELL DEFINED BY THE TIME WE ARE IN OUR TEENS. THIS DOESN'T MEAN THAT WE CAN'T CHANGE -- IT JUST MEANS THAT IT IS HARD.

The following is a contract for change. It is a contract with yourself. No one else need to know about it. The contract is for your benefit only and you are the only one to evaluate it.

Answer the questions below as best you are able. Post them in a place that you will see them often (e.g. on your bathroom mirror or computer screen). Start today.

MAKING CHANGES THAT WILL LAST

1. What is it that you would like to change in your life, stated practically, measurably and reasonably?
2. What would you need to do to achieve the changes that you would like to make?
How would you have to reorganize your time?
How would you have to reorganize your finances?
How would you have to reorganize your relationships?
3. How would you know when you have made the changes that you would like to make?
What would others see about you that would indicate to them that you have changed?
4. Who would or could help you make the changes that you would like to make?
What would they do to help you make the changes?
Who will you ask to help you?

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5. Who would or could hinder the changes that you would like to make? How could they hinder you?

How will you keep these people from hindering you?

6. How might you sabotage your changes that you wish to make?

How have you sabotaged yourself prior?

How might you keep yourself from sabotaging your desired changes?

7. To whom will you be accountable for this change contract?

8. What benefits will accrue to you when you complete this contract for change?

9. If you decide to not follow through on this contract for change, how will you reward yourself for attempting?

10. How would you like your counsellor to assist you in making your change?

Note: Question 6 (sabotage) is an important one. If you find yourself incapable of making the changes that you want, you might examine your sabotage mechanisms closely. Sometimes you have more than 1 and sometimes they are very powerful!