



Your Daily Practice

Episode 40

How to Change and Grow Stronger Using Process Based Therapy
With Joseph Ciarrochi

Change is happening whether you like it or not. Let's make your change for the better. Consider a change that you are resisting or one that you want to make.

Practices to try this week:

1. Identify your barriers to change:

- Are you resisting change because you are avoiding uncertainty?
- Are you resisting change because you don't wanna feel incompetent?
- Or maybe you don't like the feeling that other people are choosing this for you, they're controlling you, making you change.
- Are you resisting change because it's too uncomfortable or too much effort?

2. Choose one small move

- Decide on an action and then make it smaller.
- Make it smaller again.
- When you think it's too small. That's usually just about right. Take action.

3. Keep the motivation going

- Focus on your values
- Remind yourself change makes you stronger
- Feel the good feeling of growth