

Questions about Change

These are based on the Najavits reading on “How People Change.”

Review of the change methods:

1. **Learning New Coping**
2. **Grieving**
3. **Quantum Change (Conversion)**
4. **Relationship-based Change**
5. **Physically Based Change**
6. **Coercion**
7. **Consequences**
8. **Creativity**

1. Which change method(s) were new or interesting to you?
2. Which change methods do you have experience with? Which have you witnessed in others?

This could be related to the sexual habits we are focusing on, or in some other area (smoking, unhealthy eating, drinking, failure to exercise, procrastination, bad relationship patterns, etc.)

3. Which change method(s) most appeal to you?
4. Is there one you'd like to try and focus on?