

# Understanding your readiness for change.



As you prepare for therapeutic support, reflecting on how you approach change can help create a more effective experience. This resource helps you explore your relationship with adjustments and transitions.

### Change Patterns

- How do you typically respond to change?
- What helps you feel ready for adjustments?
- Which changes feel manageable/challenging?

### Current Readiness

- What small changes feel possible now?
- Where do you notice resistance?
- What supports help during transitions?

### Preferences

- What pace of change works best for you?
- How do you prefer to approach new situations?
- What helps you feel grounded during change?

### Your Insights

- Consider sharing your reflections in therapy
- Remember there's no "right" pace for change
- Small steps can lead to meaningful progress