



ENABLE EXERCISE #30

My Change Plan

This worksheet will help you work through any personal or work related “change” that requires adjustment and coping.

MY CURRENT CHANGE IS: _____

My reaction to the change is best described as:

- Denial
- Resistance
- Exploration
- Commitment

Change Reactions & Consequences	Action Steps I Will Take	Support Resources
Thoughts: Reappraisal of Self-Defeating and Negative Thoughts		
Feelings: Express and Process My Feelings		
Behaviors: Create a Change Plan and Follow-Up		
Impact on Others: Share and Discuss How My Change Impacts Others		
Consequences: Rewards for Adopting New Change Behaviors		