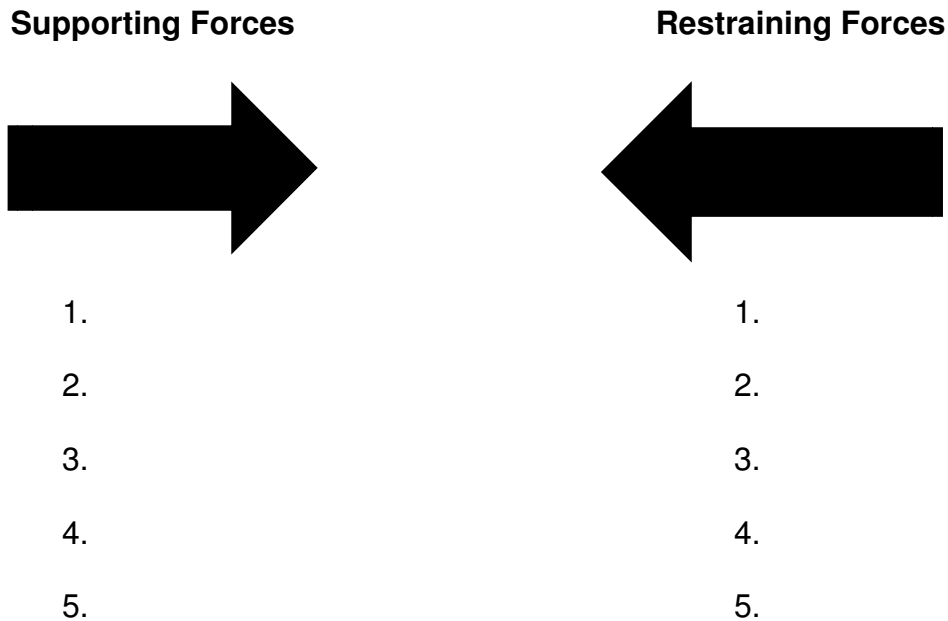




ENABLE EXERCISE #20

Force Field Analysis

BEHAVIORAL GOAL:



The extent to which you are achieving your behavioral goal can be assessed as the balance of supporting and restraining factors. The present situation is determined by these opposing forces. If you can alter the forces, the situation will change.

Examine the diagram and evaluate those forces that are most notably supporting or impeding progress. For example, which restraining force(s) seems to be having the most significant effect? If it were removed, would the situation change enough to enable you to meet your goal? If so, how can you remove it? If it cannot be removed, would removal of several other forces provide the desired outcome?

Select the most potent actions that would shift the balance in favor of achievement of your goal. Develop an action plan to address each. Eliminating or mitigating restraining forces will enable the driving forces to push through the status quo, making achievement of the goal possible.

ACTION PLAN: