

## Personal Insights about Change

Your Name \_\_\_\_\_

Date \_\_\_\_\_

**Directions:** *This is an exercise to help you gain insight into your thoughts and feelings about change. It is also important to consider how you have responded to change in the past and how those attitudes and behaviors might affect your adjustment to life transitions now and in the future. Complete the sentences quickly, filling in the blanks with the first word or words that come to mind.*

In the past, change has been stressful for me when...

A change that was very difficult for me to accept was...

One experience or event that changed my life was when...

One change that I resisted at first, but later appreciated was...

The transition that I am most concerned about is...

The transition I most look forward to is...