



CONTRACT WITH SELF – by Marney W. DeFoore, LCSW-S

In order to make personal change happen in my life I need to have a contract with myself. This contract is made in the form of a decision and is expressed as a declarative statement – as though it is already true.

Our general sense of well-being, the feelings we experience day to day, the quality of our relationships, and even our outlook towards the future all stem from a set of basic decisions made in childhood. Many of these early decisions do not serve us well in the here and now. So, since we are at the beginning of a new year I thought some of you might like to see a recipe for change – even if it is old news.

There is a distinct purpose for the change contract with self - to override the script decision made in childhood that is reflective of the child/parent relationship at that time.

In order to be achievable, the Contract with Self needs to meet specific criteria:

- Clear
- Concise
- Positive
- Measurable
- Dated

Take some time to write notes, make a rough draft, pray about it, sleep on it, come back to it, edit, revise, and change it until you complete your sculpted finished product by putting a date on it!

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