



THE PROCESS OF CHANGE – by Marney W. DeFoore, LCSW
(a process, not an event)

New Decision: – determine to live life in a manner of your own choosing.

- Decisions drive our behaviors. Once you are aware of your old “Script” decisions most can quickly see how these have not been working well.
- Make a New, overriding decision that supersedes the old “Script” decision by forming an effective change contract. Make your contract so it is:
 - Clear, Concise, Positive, Measurable, Written down and Dated

Action: – choose to behave in a fashion that reflects your New Decision.

- Old actions have produced the results that you have become familiar with today.
- If this is not to your liking then it is time to do something new.
- Begin by stating your change contract aloud several times each day. “I have decided that as of (date), I _____.”
- Next, begin to **act** in accordance with the New Decision you have made.

Habit: – create a way of life that is consistent and positive.

- Habits are repeated behaviors typically chosen from what has become most comfortable through the familiarity of consistency over time.
- Research tells us that it takes from 21 days to six months to make or break a habit. The US Army says it takes 2000 repetitions to create a conditioned response.
- Understand that your Change Process will take time. Stay committed, stay consistent, be patient, and do not give up on yourself.

Attitude: – elect the outlook that you choose to have.

- Our attitudes are created by our habits which are simply our repeated behaviors. Said another way, what we do determines our attitudes or our outlook on life.
- Attitudes form, shape, and foster feelings. Create new feelings by changing attitudes.

Feeling: – make yourself feel what you want to feel.

- The internal Parent-Adult partnership of today now takes responsibility for the feelings experienced by the inner-Child. This is the process of acting your way into new feelings.
- Choose your feelings and then consistently act in a manner that brings these about.

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