



Change Mode

Background (Read) - Such a huge part of making progress toward goals is simply staying conscious and focused on what we need to achieve for as much of the day as possible and for as many active days as possible. It almost impossible for most people to stay in change mode 24/7-365, but the people who get positive results master the ability to maximize time spent consciously aware of their change goals and skills

Think, for instance, of going on a diet. The person who thinks about their dietary goals before even considering what food to put in their mouth is going to fare so much better than the person who unknowingly or impulsively gets some food and then decides afterward if it's a good idea to eat it or not. In this example, thinking about the diet earlier in the process (like when ordering groceries or picking a meal from a menu) is so much more effective than ordering a cheeseburger and then willfully trying not to eat all of it

When we stay in change mode, we avoid so many difficult challenges and tough decisions that can stumble progress. It can be challenging to stay in change mode, but like with most things, with practice it gets easier.

What are some things that can help use stay in change mode? – Review and discuss the following ideas below with a view toward completing a “Change Mode Change Plan” on the following page based on this information

Reminders – What helps you remember your goals all day long? What can you keep in front of you to help you stay aware of your goals?

- Note or picture on the fridge
- Rubber band on the wrist
- Notification on cell phone scheduler
- Habit tracker app on cell phone
- **WHAT ARE YOUR IDEAS?**

Energizers – What words, phrases, sayings, pictures, etc. inspire and motivate you and keep the “fire” of change burning inside you? (Examples below)

- *“Either you run the day, or the day runs you.”* — Jim Rohn
- *“You've got to get up every morning with determination if you're going to go to bed with satisfaction.”* — George Lorimer
- *“Life is like riding a bicycle. To keep your balance, you must keep moving.”* —Albert Einstein
- *“A year from now you will wish you had started today.”* —Unknown
- **WHAT SAYINGS AND OTHER THINGS ENERGIZE AND MOTIVATE YOU?**

Supporters – Who can you turn to say the right thing at the right moment to keep you going when you need it?

- **WHO DO YOU HAVE ON YOUR “TEAM” TO HELP YOU?**

Deflectors – When you come across a relapse trigger or experience a craving, what helps “deflect” you from going down a negative path by pointing you in a better direction?

- **WHAT RELAPSE PREVENTION AND CRAVING COPING SKILLS DO YOU HAVE PREPARED?**

Rebounders – When you feel like you may be going backward or if you give in a little bit or slip into a minor setback what helps you to quickly bounce back to where you need to be?

- **WHAT IS YOUR “CRISIS PLAN” FOR WHEN YOU KNOW THINGS ARE NOT GOING WELL?**



CHANGE MODE CHANGE PLAN

My change goal is (be specific) –

What does “Change Mode” look like for me? (How do I know I am in change mode?) –

Here is what will help me stay in change mode:

- **Reminders:**

- **Energizers**

- **Supporters**

- **Deflectors**

- **Rebounders**

Finally, what does “success” look like for me? (How will I know I am there?)