

Changing: making the necessary changes in me in order to change the one I love.

People do not change because we want them to. They usually do not change because we ask them to. They only change as we change. They change as a result of the changes we make first. If we don't change, they won't change. Our changing creates a crisis in them that allows and brings forth change. We cannot predict the direction of the change in them whether it is good or bad. We can only know that without a crisis, one that is created by our changing, they probably will not change. People change indirectly as a result of our directly changing ourselves.

1. What changes do I want to see in the one I love? Be specific. What are the observable and measurable changes I want and need to see?

2. Why do I believe or feel these changes are necessary?

3. What would happen if these changes were not made? How would it affect the quality of my/our life?

4. What is it worth to me to see and experience the changes I want to see in the one I love? What sacrifices am I willing to make?

5. Am I willing to change to bring about the crisis of change that it will take in order for the one I love to change?

6. What changes do I need to make in myself in order to bring about the specific changes I desire to see in the one I love? Be specific. What are the observable and measurable changes I need to make?

7. Am I willing to make these changes? What will it cost me in time, money, and energy?

8. Do I have the capacity or the ability to make the changes I need to make in order to bring about changes in the one I love? Do I need help to change first? What do I need help with?

9. Would it be better, not easier, to not change and just accept the way things are? Why or why not?

10. What do I need to pray about and whom do I need to involve in my change process in order to indirectly influence the changes the one I love needs to make?

11. Where or with what change do I wish to start? Which change in the one I love is most important for me and what change do I need to make in myself in order to see it?

12. How long am I willing to work on this change? How much energy am I willing to expend on this change? What will it cost me personally to make my change? Am I willing to do this?

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