

The Weekly Skillet

Serving Up New Choices For Your Life!

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The Main Course



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To Change Or Not To Change, That is the Question!

We all react differently to the idea of change. Some of us might think of ourselves as very involved in change. After all, we go to all the right workshops and keep up with the latest in self-improvement. This must mean we are open to change! The question is, "Did anything really change?" The other possibility is that we are actually avoiding change.

Then there are those of us that shy away from the whole idea of change. We think that things are fine just the way they are.

What we don't notice is that this is only true as long as we don't look too deep, or if we don't allow others to challenge us. Our unspoken attitude is, "I would be willing to change as long as I can be in control."

Regardless of our personal reaction to the concept of change, our whole life is a process of change. We change everyday. It is not something we control. We are not the same person we were last year, last month, last week, or even yesterday. We are different from one life experience to the next.

It is not the concept of change that bothers us. The difficulty lies in believing that we really can change. Our learned patterns of thinking, feeling, and behaving have made it difficult (if not impossible) to accept our ability to change and/or stay changed.

We make progress in certain areas of our lives, and then slip back into our old perceptions, attitudes, thinking, and behaviors in our relationships. Why does this happen?

There are five critical factors that need to come together if we are to make real and lasting changes in our lives:

- We must identify specifically what it is we are doing that is not working.
- We must understand why we do these things even though they are not working.
- We must believe there are solutions and alternatives to these things that are not working.
- We must experience these solutions as achievable.
- We must integrate these solutions into our life process.

The Life Skills U coaching process (in its entirety) integrates these five critical factors for change into one system. Each learning module, together with personal coaching, allows us to:

- Identify very specifically what it is we are doing that is not working.
- Recognize where these learned patterns came from and how they are reinforced in us today.
- Examine real solutions that are natural to us as human beings.
- Experience a deep awareness that these solutions can work for us.
- Structure an ongoing process of accountability that allows us to integrate these solutions into our life process.

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