

# LifeSolutions Corner – January 2008

*I make New Year's resolutions every year but somehow they just don't happen! Can LifeSolutions help?*

Change doesn't just happen; it occurs in stages and requires some thought. Attempting to change a bad habit or acquire a new one, even if it's for the better, can make us feel uncomfortable. We often stick with what's familiar because our habits can give us a sense of certainty about life, something we can count on.

Studies of people who make changes show that they all go through a six-stage change process. As you think about your own New Year's resolutions, where are you in this process? *LifeSolutions* is available to help you at every stage.

1. **Pre-contemplation:** *do you really want to change? There's no desire to change, and/or a high resistance to considering change. Yet, consciousness raising can contribute to awareness and power to change.*
2. **Contemplation:** *you are thinking about change! A person has recognized that a change could be considered; that there are pros and cons to changing or not changing. The end point of the contemplation stage is getting over the ambivalence and making a decision.*
3. **Preparation:** *you've committed, but you need a detailed plan that will work. Identify your goals and the steps necessary to get there—then rearrange your pattern to fit in the new activity or behavior. Your plan needs to include how you will do without the activity.*
4. **Action:** *get started...you need to set a date and go public.*
5. **Maintenance:** *once you reach a goal, thought and effort needs to be given to maintaining the gains you have made.*
6. **Termination:** *when you no longer have to focus on the behavior and have completely adopted the change you want to make, you are in the last phase. There is some dispute about whether we ever totally reach this point.*

Whenever you change, you are a self-changer, even if you have help from a professional, family member or friend. When it comes down to it, you still do it yourself. But having help and support increases the likelihood of success at making the changes you want.

Remember, if you are looking for support in the change process, *LifeSolutions* is there for you. Don't hesitate to call us at **1-800-647-3327** to ask questions or schedule an appointment.

Source:

*Changing for Good.* Prochaska, Norcross, and Diclemente  
*The Culprit & the Cure.* Steven G. Aldana

