

# Change Questionnaire

Understanding the reasons behind avoiding change in life can be insightful for personal growth.

Here is a questionnaire to help you reflect on this topic:

1. What emotions do you associate with the idea of change in your life?
2. Are there past experiences that have made you more hesitant towards change?
3. Do you feel comfortable with uncertainty and the unknown that change brings?
4. Have you noticed any patterns in your behaviour that indicate a resistance to change?
5. How do you perceive the potential risks or challenges associated with embracing change?
6. What are your core beliefs about stability and predictability that influence your views on change?



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7. Do you fear losing control or feeling overwhelmed when faced with changes?
  
8. Are there specific aspects of your life that you feel particularly averse to changing? Why?
  
9. How do you typically cope with situations that require adaptation or adjustment?
  
10. What benefits or opportunities do you think you might be missing out on by avoiding change?

Reflecting on these questions can offer valuable insights into your mindset and behaviours around change, helping you navigate future transitions with more awareness and openness.

If you would like to discuss further how you can take that first step to making those changes you feel necessary, feel free to pop me an email [Stephen@stephenhill.com.au](mailto:Stephen@stephenhill.com.au).

Stay Happy, Stay Healthy and Stay True...

