

Stress as a Stimulus for Change

Sometimes stress is a good indication that something in our lives needs to change.

This worksheet can be used to capture what we wish to change in our lives and begin the transformation process.

The *Change formula* (below) offers a visual image and a set of steps for identifying what is needed to change and the resistance that may be stopping us from moving forward (modified from Armstrong, 2019).

- C = Change**
- D = Dissatisfaction** with current state
- V = Vision** of what is possible
- F = First steps** towards that vision
- R = Resistance**

$$C = (D \times V \times F) > R$$

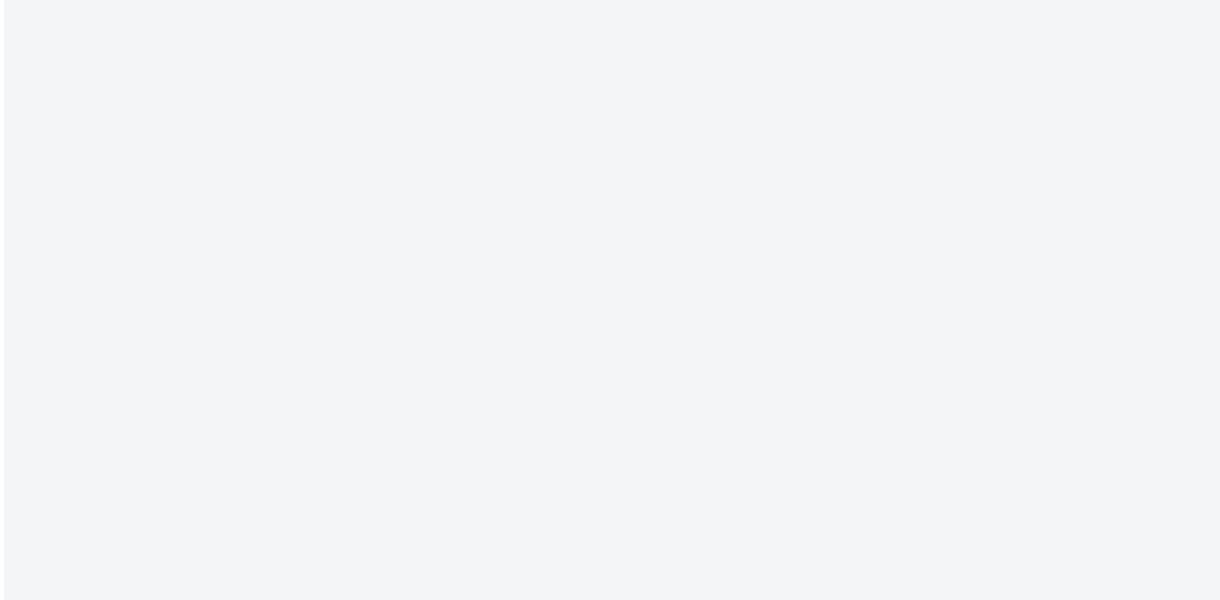
The above formula suggests that our dissatisfaction with the way things are, vision of what is possible, and understanding of first steps, when factored together, must be greater than our resistance to change.

Complete the following form several times until the goal feels like a stretch, but an achievable one:

D (Dissatisfaction)	<i>e.g., I'm stressed with my job. I don't like what I am doing, yet I believe I can do more.</i>
V (Vision)	<i>e.g., I have been offered a new role in an area I have always been interested in.</i>
F (First steps)	<i>e.g., start finding out more about the area I could move into. Perform some online training and catch up with friends who already work in the area.</i>
R (Resistance)	<i>e.g., I'm going to be busy, but if I clear some extra time for the next few weeks, I can be ready to give it my all.</i>

Result

E.g. this is a great opportunity. I can be ready.



When we are dissatisfied with where we are, we either change how we see it or make changes. This worksheet focuses on how we can change areas of our lives within our control.

References

- Armstrong, A. (2019). *Resilience club: Daily Success habits of long-term high performers*. London: Rethink Press.

Dr. Jeremy Sutton