

### Stabilising perceptions

### Insecurities

Some people are change lovers and rise to the challenge of a new change of circumstance. They can adapt quickly to new surroundings, people and circumstances and have developed the ability to manage change constructively.

They have a tendency to see their limitations and perceive safety.... 'A change is as good as a rest'.....added to which they have a positive take on change....so their approach is excitement rather than fear.

For some, there is huge resistance, often it is coupled with trepidation. When looking at change negatively, there is usually a feeling of being unsafe, a feeling of insecurity.

When you are able to explore the real fear, the anticipation of what could possibly happen and how you measure this, we can see the reason behind a fear.

Once the you have given these fears consideration.....you can explore solutions and methods of reducing the fear.

**TIP:**

Fear of change is a matter of perception and how you allow yourself to build on it..... Imagine a snowball at the top of a hill, let it roll - give it weight, time and energy ....and ....yes...it will get bigger. Reduce the fear..give it less weight and you are in control..manage the snowball from rolling down the hill and gathering momentum!!

Worksheet 1 will help you explore your fears, measure them and finally reduce or eliminate them.

## Worksheet 1

Fears of Change	Your answer... (Rate 1-10)	Reduce the fear by..... (new Rate 1-10)
<b>Fear of the unknown</b>  Consider - What is your greatest fear?	<input type="radio"/>	<input type="radio"/>
<b>Fear of failure</b>  Consider - What does failure mean to you?	<input type="radio"/>	<input type="radio"/>
<b>Fear of commitment</b>  Consider - What are you frightened of committing yourself to, and why?	<input type="radio"/>	<input type="radio"/>
<b>Fear of disapproval</b>  Consider - Whose disapproval do you most fear?	<input type="radio"/>	<input type="radio"/>
<b>Fear of success</b>  Consider - What does success mean to you?	<input type="radio"/>	<input type="radio"/>

*You may have identified other fears that prevent you making changes..you can explore and find a method of reducing or eliminating the fear in the same way.*