

Overcoming Fear of Change

Where are you stuck in the change cycle?

1. **Discontent**—You grow increasingly unhappy and discontent with an area of your life. You “hang in there,” tolerate, ignore, repress, or otherwise deal with the circumstance because it is comfortable and familiar, and you fear change.
2. **Breaking Point**—Eventually your level of discontent builds high enough that you cannot take it anymore. You reach a “breaking point,” either through exhaustion or due to a dramatic event occurring that triggers the break.
3. **Decision**—You decide you’re ready to change and declare that you will no longer tolerate the undesirable situation. You take the first step toward change, giving you a short-lived sense of hope.
4. **Fear**—Usually, shortly (or immediately) after your feelings of empowerment, you encounter your fear. You become uncomfortable and anxious about the idea of changing. You doubt your decision. Both options look bleak. You feel helpless, empty.
5. **Amnesia**—The fear of change grows strong enough that it makes the original situation look much better than you originally thought. You perceive the original situation as less anxiety-producing than the change. You’re used to it; it’s comfortable; it’s familiar. Plus, it has become part of your identity, so you resist letting it go. You temporarily forget why you wanted to change it so badly.
6. **Backtracking**—Most people choose to go back to or stick with the item they wished to change. You essentially talk yourself out of changing.

Which method do you want to use to break the cycle?

1. **Extreme Pain**: You have a breaking point that is severe enough to push through the change cycle. For many people, unfortunately, it takes an extreme circumstance to push them to evolve, such as major financial loss, job loss, loss of a loved one, the ending of a relationship, a severe accident, or a nervous breakdown. You see, your Higher Self knows what you truly want and will lead you to it. If you resist changing long enough, something will happen in your life that will put you in a position where you have NO CHOICE but to change.
2. **Self-Honesty**: You have the humbling experience of realizing that there’s a part of you that doesn’t really want to change. You are comfortable with your habits, with what you know. You have a lot of fear that holds you back. You have many self-limiting beliefs. You receive some sort of benefit from staying where you are. You are unhappy because you want to be unhappy. You are addicted to the situation. You believe your pain is you; it’s your story. You can see your resistance to letting it go. Only after reaching this level of self-honesty can you truly choose to change.

Self-Honesty Reflection

Can you see how this change cycle has impacted your life?

Are you ready for it to stop?

Have you experienced change amnesia before?

What will happen if you continue NOT to change?

Are you ready to swallow the pill of self-honesty, even if it is hard, because you are tired of being dissatisfied?

Are you ready to take responsibility for your life and create the life you dream of having?

Are you at the point where you will accept nothing less than what you truly want?

In order to be able to break the cycle, you also need to understand the underlying reasons you've been allowing yourself to keep avoiding change. If any of them apply to you, make a note of how you feel.

- **You don't want to change.**
- **You don't know what you want.** (Try imagining what you would want if time, money, and people did not limit you.)
- **Your dream isn't big enough.** (What would you do ANYTHING to attain?)
- **You're letting your fear be bigger than you.** (Are you really willing to settle?)
- **You are attached to your problem.** (What would you talk about without it? Who would you be?)
- **You're benefiting from your problem.** (What are you holding onto? How does it benefit you to NOT change?)