

4 Steps to Deal with Change

Change is inevitable and often unavoidable. It comes in varying degrees, but it is how we approach the change that is fundamental.

The key to master change is to learn how to develop skills to ensure changes have a positive effect on our lives.

Step #1: Be emotionally aware



Most changes are accompanied with an emotional response. Some are true emotions and others are emotional sensations. The latter are deceptive brain messages based on hard wired neural pathways in your brain created over your life. General fear of change can cause an emotional sensation potentially preventing you from seeing any opportunities the change might bring.

The secret is not to react straight-away whilst in an emotional state. Allow yourself the time to rationally think about the change and to evaluate your emotions. We can learn how to sort our true emotions from our emotional sensations.

Step #2: Be decisive



Change may turn your world upside down but it's how you react that makes the difference between coping or falling apart. Blaming others is a fairly standard response but whether or not it's a fair assessment, blame won't solve anything and it risks turning you bitter and leaving you feeling helpless.

Once you have distinguished between your true emotions and emotional sensations caused by deceptive brain messages and evaluated the change we can make conscious and decisive decisions that follow our true self and that move us forward.

Step #3: Be action oriented



Making a decisive decision is the first step towards moving forward in a positive direction leaving negativity in the rearview mirror. It changes your mindset allowing you to seek out the opportunities that come with change.

With decisions come actions and action are what gets you going and that fills you with positive energy in particular actions that we achieve. If the action steps seem to big we should consider chunking it down in to smaller steps that are achievable. Instead of actions that take a long period we can brake the action down into weekly or daily steps.

Step #4: Be positive



We usually don't like change but we have decided to move forward in a positive direction. Be and remain positive. Celebrate achieving actions, which keeps the positive momentum.

So...what is your next step?

When change occurs we often cannot fully see or comprehend what is occurring around us because we are part of the change. Emotional sensations can further cloud our thinking preventing the solutions to penetrate our conscious mind. Being part of the change is also a key to the solution. Our subconscious mind stores information without judgement including potential ways forward. Consider enlisting the assistance of a qualified coach allowing you to unlock opportunities you never thought possible.

[FIND OUT HOW TO CONVERT CHANGE INTO TRANSFORMATION](#)