

The Pros and Cons of a New Goal or Life Change

Each new goal or life change can bring good things and hard things into your life. That is the nature of change. Because one of the greatest obstacles to change is fear of what may happen, it's very important to think now about what you may like and dislike about making a life change. This will help you to work with your SDC Advisor and other supporters to prepare for how to deal with the harder things. For example, moving to a new apartment may mean that you are far away from a friend you've made (a hard thing about the change), but it also may mean that you are safer and farther away from situations that have led you to make unhealthy choices (a good thing about the change).

One way you'll know you're ready for change is when you start to believe that the good things will outweigh the hard things that change brings.

What Good Things Might Happen If I Make This Change?

What Hard Things Might Happen If I Make This Change?