



As you work to develop new ways of thinking, it's important to learn how to successfully handle the uncomfortable feeling that occurs when you try to change a habit.

People who make decisions based on what feels right, rather than on what is rational, are "gut thinkers." They avoid the uncomfortable feelings that are a natural part of making changes in one's habits.

If you stick with making choices because they feel comfortable to you, you won't be successful in changing negative habits. "Gut thinkers" don't weigh their options – they take the path of least resistance.

Positive life change, including changing your thinking patterns, will feel uncomfortable at first. The key is to be able to deal with the uncomfortable feeling long enough to overcome the old habit.

Describe three changes you want to make in the near future and how you will be able to handle the uncomfortable feelings that occur.

1. I want to change... _____

I will handle my uncomfortable feelings by... _____

2. I want to change... _____

I will handle my uncomfortable feelings by... _____

3. I want to change... _____

I will handle my uncomfortable feelings by... _____

