

Reasons for change

Posted by ChaimMod - 09 Dec 2021 18:06

The following questions will help you summarize your values:

- What do I want my future to look like?
- Is my current behavior helping me achieve the future I want?
- How do I feel about my current behavior?
- What could I do differently to ensure I have the future I want?
- How would changing my behavior make me feel?

Now, use the following questions to think about quitting P&M:

- If I quit P&M, what might be the best thing that will happen?
- If I continue the way things are going now, what do you think will happen? What's the worst thing that might happen?
- Has P&M prevented me from achieving any of my personal goals?
- After discovering my reasons for change, do I want to change now?

There are no right or wrong answers to these questions. They'll just tell you where you are in the contemplation stage and how motivated you are to change at this moment in time.

=====

====

Re: Reasons for change

Posted by Hakolhevel - 17 Dec 2021 06:06

[ChaimMod wrote on 09 Dec 2021 18:06:](#)

The following questions will help you summarize your values:

- What do I want my future to look like?
- Is my current behavior helping me achieve the future I want?
- How do I feel about my current behavior?
- What could I do differently to ensure I have the future I want?
- How would changing my behavior make me feel?

Now, use the following questions to think about quitting P&M:

- If I quit P&M, what might be the best thing that will happen?
- If I continue the way things are going now, what do you think will happen? What's the worst thing that might happen?
- Has P&M prevented me from achieving any of my personal goals?
- After discovering my reasons for change, do I want to change now?

There are no right or wrong answers to these questions. They'll just tell you where you are in the contemplation stage and how motivated you are to change at this moment in time.

Isnt this a direct quote from the program?

=====

====

Re: Reasons for change

Posted by wilnevergiveup - 17 Dec 2021 07:31

[Hakolhevel wrote on 17 Dec 2021 06:06:](#)

[ChaimMod wrote on 09 Dec 2021 18:06:](#)

The following questions will help you summarize your values:

- What do I want my future to look like?
- Is my current behavior helping me achieve the future I want?
- How do I feel about my current behavior?
- What could I do differently to ensure I have the future I want?
- How would changing my behavior make me feel?

Now, use the following questions to think about quitting P&M:

- If I quit P&M, what might be the best thing that will happen?
- If I continue the way things are going now, what do you think will happen? What's the

worst thing that might happen?

- Has P&M prevented me from achieving any of my personal goals?
- After discovering my reasons for change, do I want to change now?

There are no right or wrong answers to these questions. They'll just tell you where you are in the contemplation stage and how motivated you are to change at this moment in time.

Isnt this a direct quote from the program?

I guess that's why they called him "ChaimMod" instead of just plain "chaim".

Warning: Spoiler!

=====

Re: Reasons for change

Posted by MenachemGYE - 17 Dec 2021 11:30

I think @ChaimMod meant to start a thread where we could post our own responses to these questions to share the inspiration with others.

=====

