

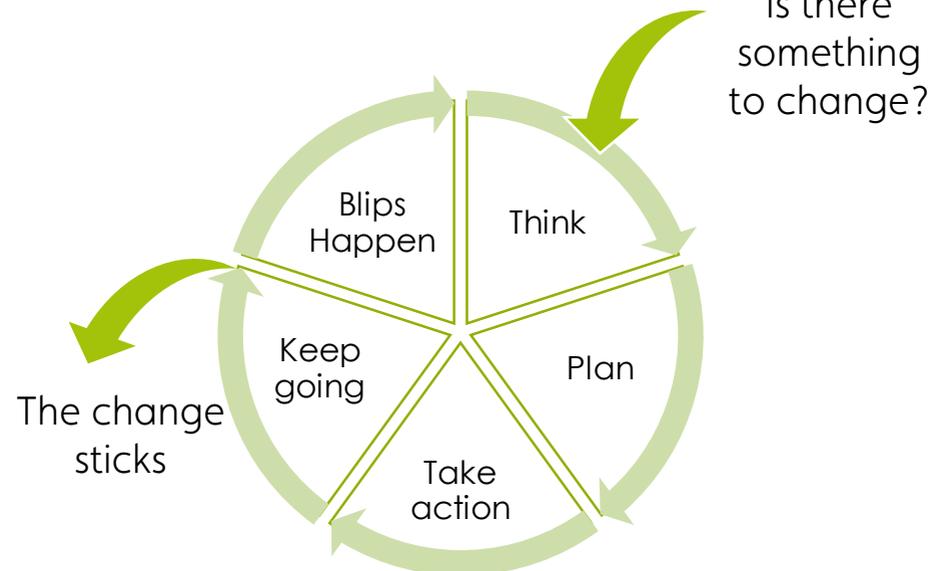
Making Changes

As Guided Self-Help works by finding small changes you can make to improve your wellbeing, it can be helpful to understand the cycle of change.

We go through this cycle whenever we make a change. Even when it's something small, like watching a new TV show, we'll go through these steps. We just might not notice it.

Think about your journey with italk so far. How many of these steps have you already taken to be reading this booklet?

The Cycle of Change



1. Is there something to change?

The first step is actually outside of the cycle. We're not really thinking about change yet, we've just started to notice things we'd like to be different.

3. Plan

We decide we definitely want to make a change, and we start to plan what we're going to do about it. At this stage people often think about seeing their GP, or ask friends and family for advice.

5. Keep going

We're likely to face barriers and hurdles, but we do our best to plan ahead for them and keep going.

7. The Change Sticks

This is the goal. Eventually the change becomes a normal part of our life.

2. Think

We enter the cycle at the point we start to think about what we want to change. People often tell us at this stage "I just wanted to feel like myself again", but weren't sure how to achieve it yet.

4. Take Action

When we're ready to take the plunge, we put our plan into action. This takes a lot of courage, and you did it when you arranged your assessment with us.

6. Blips Happen

It's rare for change to stick straight away. But each time a blip happens and we try again, we learn something. So these aren't failures or setbacks, they're part of the journey.