

NAME: TRANSITION/CHANGE BOX

THE **PURPOSE** OF THIS BOX IS TO HELP YOUR BRAIN **PROCESS CHANGE** SO YOU DON'T BURN OUT SO FAST. YOU CAN FILE THINGS THAT MATTER TO YOUR LOVED ONES HERE TOO, BUT IT'S ALSO FOR RULES, LAWS, ETC... THINGS IN THIS BOX MATTER TO PEOPLE WE CARE ABOUT, BUT IT'S ALSO THE PLACE TO PROCESS REQUESTS MADE BY OTHERS OR **AUTHORITY FIGURES.** (BOSS, TEACHER, PARENTS, ETC...)

BENEFITS: THIS BOX AND CHART WILL SHOW YOU HOW TO CHANGE QUICKLY AND USE YOUR MENTAL ENERGY EFFICIENTLY. AMONG MANY BENEFITS, IT ALSO HELPS YOUR FAMILY, FRIENDS, COWORKERS, OR CLASSMATES FEEL IMPORTANT TO YOU WHEN YOU CAN STOP AN ACTIVITY WHEN THEY NEED/REQUEST YOUR PRESENCE OR ASSISTANCE. THIS HELPS BUILD FRIENDSHIPS AND EMOTIONAL TRUST. BEING CAPABLE OF PAUSING AN ACTIVITY HELPS YOU TO BE MORE FLEXIBLE. IT HELPS YOU TO CHANGE AND ADAPT TO YOUR SURROUNDINGS. FOR THOUSANDS OF YEARS, IT'S THE ANIMALS AND HUMANS WHO LEARN HOW TO ADAPT (CHANGE) TO THEIR SURROUNDINGS THAT SURVIVE AND THRIVE.

MEASUREMENT: THE MEASUREMENT WILL BE THE LEVEL OF INCONVENIENCE VS LEVEL OF IMPORTANCE

CRITERIA
AND CHART
ON NEXT
PAGE

INCONVENIENCE IS NOT AVOIDABLE

Life **requires change AND inconveniences**. Inconvenience is <u>not completely avoidable</u> & is a **necessary part of gaining life experience**. This box can help you articulate when a requirement would be damaging & helps you communicate this. This helps you clearly see where you need to make negotiations. This helps you have **healthy boundaries** & <u>minimize inconveniences</u> while making those you care about feel loved & important. This box helps you fulfill responsibilities & duties without being **upset** about it. A really important part of this box is that it helps you to use your **agency, think critically and quickly**.

no one would want to stop doing something enjoyable to do something they do not value. This box helps you determine if your current activity can be finished later without too much inconvenience, and measures the importance, value, and benefits that may be involved.

TRANSITION/CHANGE BOX WORKSHEET

CONSIDER/EVALUATE: What is being asked of you?

PURPOSE & ALTERNATE BENEFITS:

Theres lots of purposes here, including it being important to the requestor. List a couple reasons here. You can also ask yourself "are alternate benefits for them or myself if I stop?"

WHATTYPE OF REQUEST:

DUTY RESPONSIBILITY RULE LAW OTHER

CONSIDER LEVEL OF IMPORTANCE: (THIS COULD BE A LOVED ONES HAPPINESS LEVEL TOO)

> *Circle one* If you dont know, make your best guess, if you have to ask them, you can

LOW MEDIUM HIGH VERYHIGH

CAN I RENEGOTIATE TERMS IF I AM UNDER A DEADLINE CONCERNING THE ACTIVITY I AM DOING?

If you have to ask them, you can

YES NO

CONSIDER NEGATIVE CONSEQUENCE:

circle one since this is a request from an authority figure, what consequence will there be if i don't comply and how negative will it affect me?

SOMEWHAT MODERATELY EXTREMELY

Can I resume the activity I was doing at a later time, with medium to low inconvenience?

YES

LEVEL OF INCONVENIENCE*=

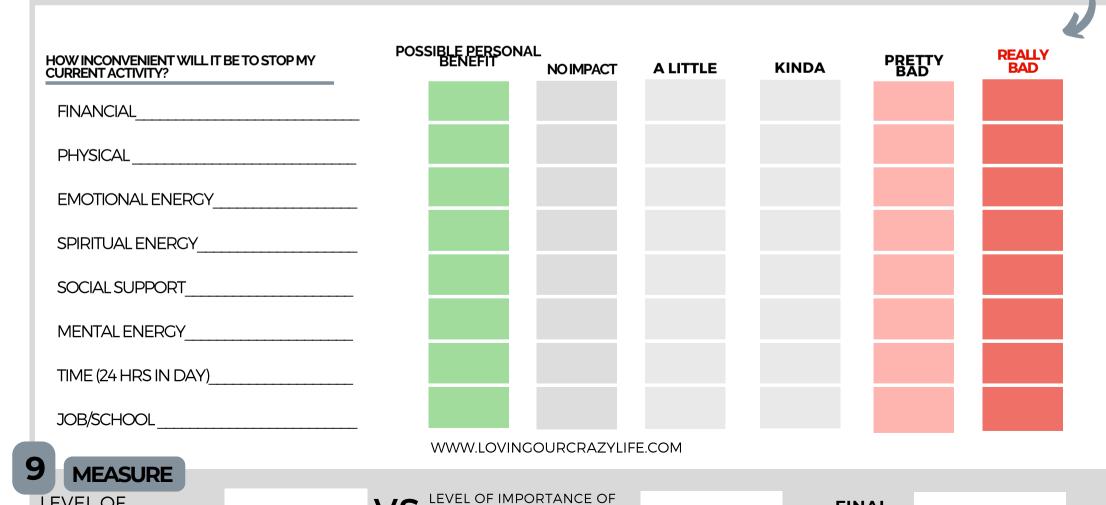
*THIS DOESNT ALWAYS HAVE TO BE LOW, JUST MANAGEABLE

NO

CALCULATE HOW INCONVENIENT IT WILL BE TO STOP, PAUSE, ETC... *USE CHART*

INCONVENIENCE ASSESSMENT CHART

Stress associated with change can largely be caused by the ambiguity of being able to assess these inconveniences in the amount of time required to give an answer.



LOVED ONES OR AUTHORITY

FINAL

RESULT