



# 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 not completely avoidable & 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** & minimize inconveniences 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

**1 CONSIDER/EVALUATE:** What is being asked of you?

\_\_\_\_\_

\_\_\_\_\_

**2 PURPOSE & ALTERNATE BENEFITS:**  
 There's 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?"

\_\_\_\_\_

\_\_\_\_\_

**3 WHAT TYPE OF REQUEST:** \*CIRCLE\*

DUTY RESPONSIBILITY RULE LAW OTHER

**4 CONSIDER LEVEL OF IMPORTANCE: (THIS COULD BE A LOVED ONES HAPPINESS LEVEL TOO)**  
 \*Circle one\* If you don't know, make your best guess, if you have to ask them, you can

LOW MEDIUM HIGH VERY HIGH

**5 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

**6 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

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

YES NO

**8 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.

HOW INCONVENIENT WILL IT BE TO STOP MY CURRENT ACTIVITY?	POSSIBLE PERSONAL BENEFIT	NO IMPACT	A LITTLE	KINDA	PRETTY BAD	REALLY BAD
FINANCIAL _____						
PHYSICAL _____						
EMOTIONAL ENERGY _____						
SPIRITUAL ENERGY _____						
SOCIAL SUPPORT _____						
MENTAL ENERGY _____						
TIME (24 HRS IN DAY) _____						
JOB/SCHOOL _____						

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**9 MEASURE**

LEVEL OF INCONVENIENCE\* =  VS LEVEL OF IMPORTANCE OF LOVED ONES OR AUTHORITY FIGURE =  = FINAL RESULT

\*THIS DOESNT ALWAYS HAVE TO BE LOW, JUST MANAGEABLE