



# EMBRACING CHANGE

New ways to think!

An article to change your life

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# Embracing change

## No one said it would be easy...!

This article is about how to embrace change, to feel confident in the process of change and how to lose the fear that can hold you back. Beating the stress factor before it even begins is a great help.

Change is inevitable, it's good for us and can be the most empowering thing you can do in your life.

There is a strategy list further on to help you get started but stick with this for now!

What are the major changes that occur in our lives? Moving, getting married, divorce and death of a partner or child. These are considered the major changes in a normal life and of course are the most stressful.

Over the years I have made many changes, some deliberate and some out of circumstances. For some years I was afraid to make the big changes, scared of the consequences and wary of the unknown.

Then, when the first big change was made, the fear and anxiety dissipated and the realisation that there was nothing to fear anyway, dawned on me! Nothing that big has challenged me since, if it has, I didn't recognise that it was BIG. Practice facing life's challenges and they get easier.

We fear the unknown, but that happens every day of our lives. We have no way of 'knowing' what will happen in the next half hour; you may remember the introduction to Gerry Andersons 'Stingray' that used to say "anything can happen in the next half hour" as my children were glued to the TV, watching puppets become heroes!

Our lives can become mundane without change; we need to lookout for challenges and opportunities, not just to rely on our families, friends and employers to provide stimulation and progress.

For instance, if you have no job right now, it's only you who can change the situation. It's only you who can check the newspapers, the Job Centre, call up contacts, prepare your CV and go to interviews.

If this is not working, then you have to think of another way; lots of my clients have had the courage to start their own small businesses. Yes, it's a leap in the dark, yes it's scary, but is that not better than being without money, and possibly becoming depressed?

Is it fear of the unknown, the worry about supporting your family, loss of respect from your peers? Whatever it is, it is only fear and fear is a thought, so CHANGE YOUR THOUGHT.

If your intimate relationship is not working you do have choices; one, put up with it, two move on or three, work at mending the links that have broken.

*The following options do not apply to an abusive or physically threatening relationship; if this is your case you need support and guidance from local professionals.*

Option one seems like NO CHANGE; but this may be the one options that changes you the most. Living in a damaging relationship is not just about accepting the hurt, but much more about how the emotional and sometimes physical pain will damage you.

Emotions are stored in the body and can make you ill. That is a change you really don't want, so at this point maybe change is confronting this and looking at options two and three. Option two, moving on, sounds easy; of course it is not easy. You may have to extract yourself from a messy family situation, and then there is money.... not an easy option but sometimes the only one that is right for you.

The third option, making changes, is actually the easiest of all, though at first glance may look uncomfortable.

We are unable to change anyone else; we can only change ourselves. This is a fundamental rule of life. Though we can change others by our example, our attitude, our words and of course by understanding them, and extending to them our complete and unconditional love.

This may appear to be unrealistic if you are constantly fighting about 'stuff', if you are unable to talk without shouting or are living in fear.

Here we are back to fear again. Fear is only a thought, so CHANGE YOUR THOUGHT.

When we dwell on an emotion, it gets bigger; when we learn to change the way we think we can control the emotion.

So when fear strikes, you can think of it in another way. Fear sets up a chain reaction of anxiety, it increases your heart rate, releases adrenaline into the blood stream and gets you ready for 'fight or flight'. Most of the time there is nothing to really fear, it's just a thought. When was the last time you had to run from a tiger or fight a giant?

By taking stock of the situation, remembering to breathe and using your mind to rationalise the situation, you can easily change fear and terror to concern and interest; this will provide reassurance to you and anyone else near you. Hence, as mentioned, you can change people by example!

So for the unemployed, fear of not having money makes the fear larger and can stop you from making the changes that you need to make. It takes your 'thought' from lack of control, to taking on a challenge; getting support and help from the many places out there, then making it work.

Fear of another person, as in life partner, can only get worse if left as a fear; but can, again, be changed by changing your thoughts.

As in “even though I feel fear, I understand that deep down you are as sad as I am, I know you are having a tough time and I send my love”. That changes the way you are reacting to the fear and will help to calm your thoughts.

Whenever you feel neglected, unloved and alone, your best option is not to believe those negative thoughts. Change them into personal power, self-love and connectedness. You can talk yourself into anything, so make your thought positive and uplifting.

Let's look at the way words drive your emotions; -

Life is tough – no, not really, it is the way life is. Life is what you make of it, you may have times when things seem to conspire against you, but that is part of life's lessons. Learn them and move on.

I am fat – no you're not, just a bit of extra weight and you can sort that out given time. There is nothing that you cannot do

I am unhappy – well, you may think you are but there is no need to be. Just remember to be grateful, loving and kind. Reframing your pain into gratitude for what you do have will help. I don't have enough money – that's a given, though if you are reading this you have something. It's easy to be pulled down, especially watching other people who have more than you. There are ways out of this situation, though it will take positive energy to create a better life.

Change 'I can't', to 'I am trying'

Do your best to say I CAN

Change 'I am ill', to 'I'm OK and getting better'

Talk with a positive attitude

Change anger to acceptance

Anger is a negative and destructive emotion

Change fear to self-reliance

Be conscious of the fear and rise above it

One of the quickest methods to overcome blocks in your search for positive change is EFT (Emotional Freedom Techniques), this is the tapping therapy which stops your emotions from running amok and causing lasting damage. NLP (Neuro linguistic programming) used in conjunction with EFT makes it even more powerful.

This may all seem rather simplistic and it is...this is not a book on NLP or EFT, just a short article to draw your attention to the fact that change is possible in all circumstances, and the fastest way to enjoy change is to see it for what it is... a fact of life.

Many people have to struggle to cope with the changes in their lives. Some will fall at the first hurdle and choose not to take on the world of change. For instance, a client some years ago was too scared to enter into a relationship with a man who loved her dearly. She was afraid of commitment, petrified (her words) of possibly getting pregnant, though she wanted a family, and apprehensive about moving from her parents' home.

By the time her parents died, her man had married another and she was too old to bear children. She had not been happy with this existence, but had never learned any coping strategies to change. It took another year, with several sessions of talking, EFT and coaching to get her on her way to a decent and fulfilling life, but she did it and now is happy.

We come up against the BIG life changing issues every time we start a relationship, lose a loved one, bear a child or move home. For most of us we even lose count because we know that this is the way of happiness, not just for us but for our wider circle. There was a list of the most stressful times in a life, posted in the media and on the internet a while ago, and I think we would agree that there are times when change is very stressful. So getting used to change and learning the techniques and coping strategies can only be a good thing.

So now for the synopsis of strategies for change:

1. Think, take time to see the options
2. Make a decision then think about the consequences of that decision
3. Make a list of the 'pros' and 'cons', which is the most positive list
4. Make a decision..... what if?
5. Think about the words you are using.... make them positive
6. Break down the tasks into small bites – write them down
7. Consider everyone else who may be involved in your change
8. Talk it over with someone who is not directly implicated

Then when all is considered, JUST DO IT...! Make the decision to change, even if it's in small steps. When (if) the stress is just too much, you may need support, so ask for it. Many friends will be happy to provide a listening ear, for a short time anyway. Just don't ask for advice, everyone has an opinion and even what is called 'a hidden agenda'. This is the person's mind reacting to your situation and taking sides that may benefit them and not you. Mostly this is unconscious and not meant, but still not a good way for you to balance your judgement.

I hope this article will help you to step outside your comfort zone when the time is right. To take on the world on your terms, and to grow your individuality with conviction!

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