

Making Change

Have you ever wanted someone to change and been frustrated when the change didn't happen? In trying to make sense of someone else's lack of change we can fall into a trap of thinking that the other person is "unchangeable," "rigid" or "will never change."

When this happens, take a step back and reflect on the resistance that you are experiencing. Our first step is to do our best to understand and have empathy. Consider what the purpose might be for someone to resist "making change." Fear, shame and lack of trust all may be in play.

A lack of vision or plan for the future may also be the issue. Helping individuals or groups to "make a change" requires an understanding of what the resistance to change is about and clarity of where the change is leading.

At Phoenix Process Consultants, we understand change and transformation. Whether it's a family struggling with drugs or alcohol, or a work team stuck in conflict we work to understand the change desired and the challenges to overcome. We welcome an opportunity to sit down with you and find out what change you want to make.

Let's get started!