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Changes

Here is a brief outline of information about change and its effect on people. I hope it is helpful. Counseling can help you deal with the anxiety involved and help you make good decisions to move into a situation more to your choosing.

Common Medical Disorders dealing with change:

Adjustment Disorders involving depression; anxiety; conduct disturbance; and disturbance of conduct and emotions.

Environmental Causes: Family, social, school, job, housing, money, and legal changes affect us emotionally, which can cause us to react in ways that provoke still greater change.

Life cycle changes: being born, weaned, toilet trained; school, puberty, adolescence; job, independence, stable relationships; marriage, having children, parenting; aging, dying.

Nothing ever stays the same.

We need change to learn and grow, but not too quickly or we get stressed.

We can't always control the rate and direction of change, but we can control how it affects us and how we respond to it. do some changes affect us more than others?

Why Do Some Changes Affect Us More Than Others?

Maslow's Hierarchy of Needs: changes affecting more basic needs cause us greater pain.

Primary- Physical needs: air, water, food, sex;

Next- Safety needs: security, stability.

Then- Psycho/ Social needs: belonging, love, acceptance

Finally- Self-actualizing needs: fulfilling self, being all you can be.

Why do some people handle change better than others?

What do we have to hang on to? (Our emotional octopus) The more numerous and stable our physical and social connections are, the less impact sudden changes have on us.

We also get stability from strong intergenerational connections: These develop leadership strength and the ability to withstand peer influence.

Too much change damages our ability to learn-Try an experiment: Sit on a chair that can rotate. While sitting still, time how long it takes you to learn a list of eight words. Then time how long it takes you with another set of words while someone is spinning you. This is why children often get poorer grades when dealing with a move, divorce, hormone change, family problems, etc.

Personal resources for dealing with change:

Faith; social connection, self-calming ability;

Knowledge, experience, problem solving ability, initiative;

Organization, planning, self-discipline, follow through.

How do you get somebody else to change?

Learning occurs through Bribe, Push, Punishment, Reward, and Push /Reward based methods.

Learning responsibility happens best though using Reward based learning.

It's your life! What are you going to do with it? You can take charge of much of the change.