

There are many different things in my life I have wanted and still want to change. One thing is my organization habits. When it comes to being organized I am one of the worst at it. I can never keep my room clean, I am forgetful, and I lose things quite often. These habits have led to stress over the years. The stress of not wanting to invite people over because of the way my room looks, the stress of how long it would take to clean my room when I finally decide to do it, not being able to easily find things because my room is disorganized, and it being a hard thinking space. My college experience has definitely been impacted by all of this. Forgetting due dates, not being able to find my notebooks or textbook, not inviting any of my friends on campus into my room, and more. The stress was definitely the main motivator for me to want to change my habits along with the seeing all of the negative affects it has been having on my life.

Some things that always reduced my energy to want to or be able to make the change is all of the daily responsibilities that I do daily. When I get home, I want to just go straight to bed. Cleaning and keeping myself organized is normally the last thing on my mind. I am tired. Another thing is the complacency of saying to myself that it is my room and I will leave and let it look the way I want it to.

In the field, your clients are going to be coming in for help and assistance with things in their lives that need change. I think a mental state we all as professionals can take is to be more empathetic with our clients and to realize that making changes or breaking habits is an important and common process of life that we all go through. Even if it is not to the extreme extent of your clients we have been in the place of wanting or a need change. Use that as a tool to build some empathy for your client. It is almost like a taste of using the dual perspective. Taking a step in someone's shoes.

The steps to change are: precontemplation, contemplation, preparation, action, maintenance, and even possible relapses.

Help motivate them as in find reasons to make that change for the better and overcome the obstacles that reduce their care for changing. The same way it takes habits to form is the same way it takes time to break them. Be patient with your client, it takes time to be able to get the client into the action stage; how long it takes varies. After the client is able to make the change they want we then help them with maintenance. Maintenance is what we as professionals do to help make sure they are continuing forth in those new changes.