TherapyRoute

What Makes Change Hard - and What Makes It Possible

A forensic look at resistance.

It's common to judge ourselves for not moving forward, but this encourages you to explore what your hesitation might be protecting and to understand the factors that have shaped your relationship with change.

PART 1: THE HISTORY OF "TRYING"

Most of us are cautious for good reasons. Check if any of these apply to your history with change:

- [ ] I tried hard in the past and burned out.
- [ ] I made changes that didn't last, and I felt foolish.
- [ ] I changed too fast and lost something important.
- [ ] I worry that if I change, I will disappoint someone I care about.
- [ ] I felt expected to "do better" rather than be understood.

PART 2: THE FUNCTION OF THE PROBLEM

If I am honest, staying exactly as I am right now allows me to:

_____

_____

"Sometimes the gap is exhaustion speaking clearly."

PART 3: THE PRICE TAG

If I were to make the change I am thinking about, I would have to be willing to lose:

- [ ] The approval of certain people.
- [ ] My sense of safety/familiarity.
- [ ] My free time/energy.
- [ ] The role of being "the helpful one" (or "the strong one").

Notes:

PART 4: WHAT HELPS ME MOVE

Not strategies, but conditions. In the past, when something did shift for me, it usually involved:

- [ ] Enough time.
- [ ] Feeling safe rather than pressured.
- [ ] Privacy.
- [ ] Encouragement without expectation.
- [ ] Permission to stop.

> *"Understanding what slows you down is not the same as giving in to it. It's preparation to move—if and when you do—in a way that doesn't undo you in the process."*

"Sometimes the gap is exhaustion speaking clearly."

PART 5: A RESPECTFUL PAUSE

Look at what you wrote in Part 3: Am I willing to pay that price right now?

- [ ] Yes.
- [ ] No.
- [ ] Not yet.

If the answer is "No" or "Not yet," that is not a failure. It is an act of self-preservation.

> *"The gap is where I notice what changed. It shows me the moment my energy, time, or capacity stopped matching the demands I was trying to meet. I don't have to explain it away or punish myself for it. I can name what slipped, name what got heavier, and name what I was missing. That is already progress, because it turns confusion into something I can respond to. Then I can choose one support that fits the day I actually have, and let the rest come later."*

"Sometimes the gap is exhaustion speaking clearly."