

Instructions:

Make sure that you've read the article Immunity to Change thoroughly before completing this worksheet.

Complete the statements below, based on the commitment you've made to change, and the difficulty you're having in carrying it out.

There's a worked example below showing a typical example of immunity to change, and how to begin moving past it.

When I
I really want to
because I am committed to
In reality I



instead. That shows that I am also committed to
Which I realize is contradictory!
But when I imagine
I feel
because I assume that
I commit to running an experiment to test this assumption.

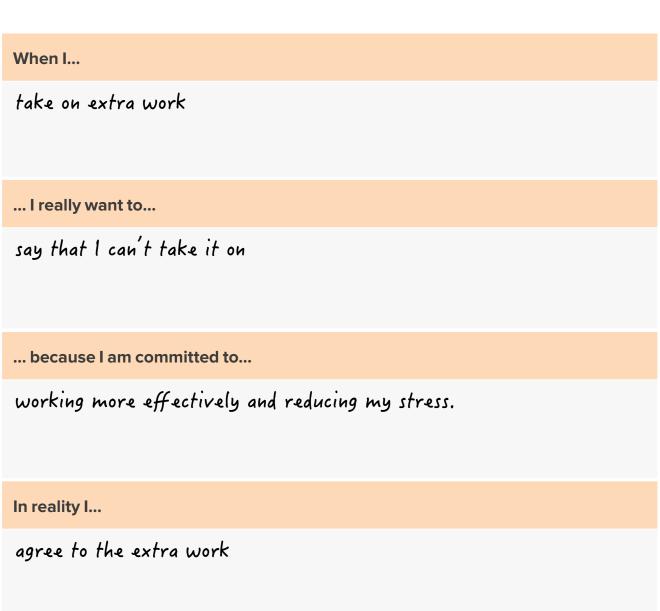


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instead. That shows that I am also committed to
not appearing weak and lazy.
Which I realize is contradictory!
But when I imagine (the outcome of delivering the first commitment)
myself turning down work
I feel
anxious and fearful
because I assume that
my boss will think badly of me.
I commit to running an experiment to test this assumption.