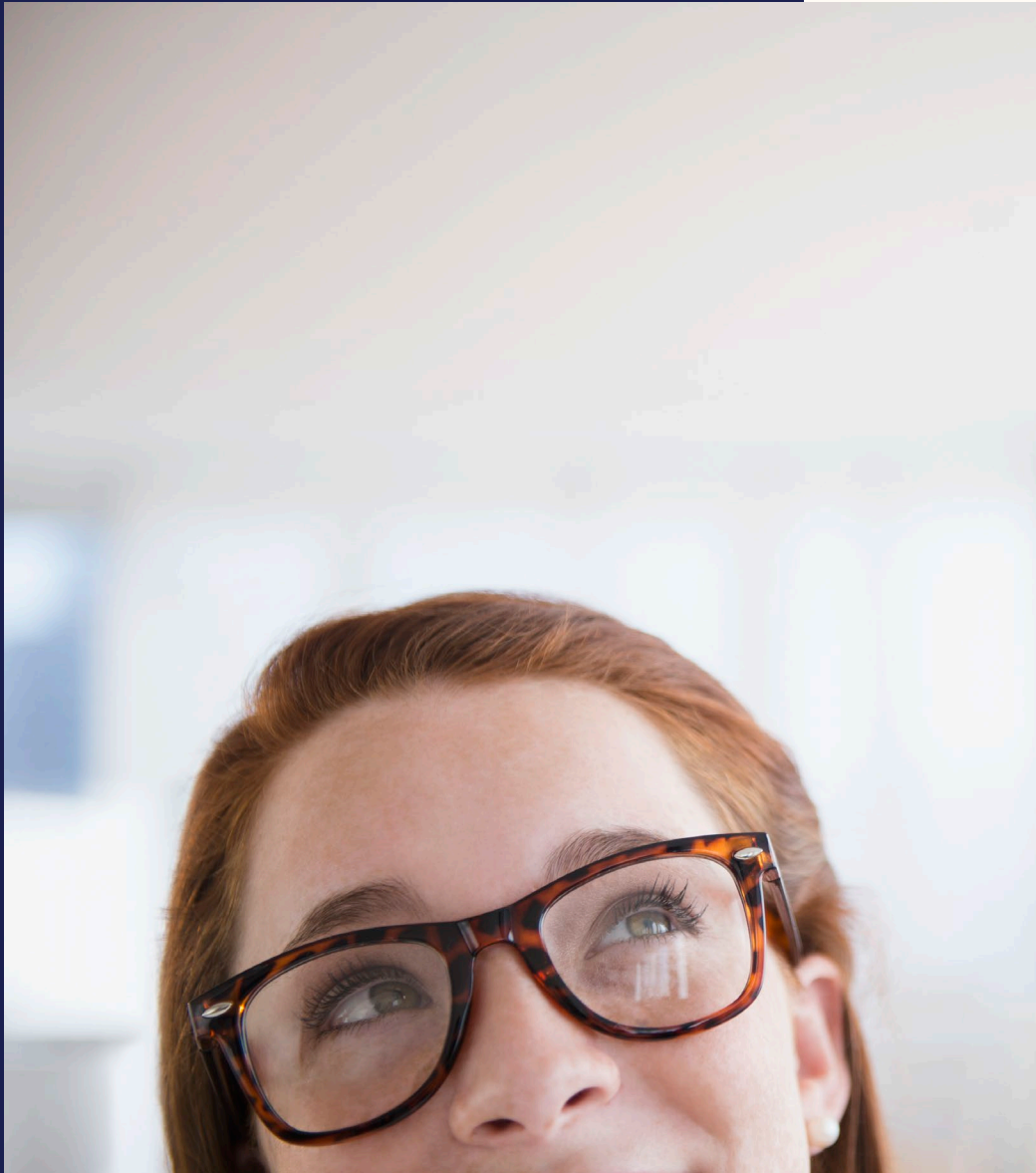




LINDNER  
CENTER OF HOPE

Motivation and Change:  
What Holds us Back from Making Positive Changes

Jason Bast, LPCC



What's a positive change that you want to make?



I want to but....

It takes more  
energy

It's new...  
what if ?

It's  
uncomfortable

It's unfamiliar





Change Your But to Because

# 3 Important Aspects of Motivation



Importance



Confidence



Desire



# Importance

1

How important is this change?

2

Less important changes do not get prioritized

3

How can I make this change more important?




# Confidence

- If my confidence is low, it's hard to even get started. What's the point?
- If my confidence is low, how will I feel if I fail?
- How can I increase my confidence?



# Desire

Am I excited about making the change or do I dread the discomfort?



What can I do to increase my desire and make it an overall more positive experience?



# Slice It Thinner

"Slice it thinner" refers to taking a complex, overwhelming, or large situation and breaking it down into smaller, more manageable parts. It is used to make difficult tasks, emotions, or problems easier to process by focusing on a tiny, actionable, or "thinner" segment of the whole, rather than the entire experience at once.



# Watch Out for Traps!



- Perfectionism
- All or nothing thinking
- Do I have the right goal?
- Comparisons



# Reward Yourself

If you follow through on positive change, but end with a negative tone, then you are less likely to repeat the positive behavior. If you end on a positive tone, it will make you more likely to repeat it.



# Lightning Bolt Trajectory



# Making Positive Changes is Hard



Thank you for  
coming!

We'd appreciate  
your feedback.



Feedback Survey

