

SELF-MANAGEMENT

Scared of change

“I want it to stay the same.”

In the book: Chapter 11 · The Courage to Change

WHAT IS UNDERNEATH — AN IFS VIEW

A part guarding the known. Change costs energy the nervous system may not currently have — the resistance is a budget, not a preference.

TRY THIS, RIGHT NOW

Name one thing that stays the same no matter what.

FOR THE CHILD

Name one thing that stays the same no matter what: your name, your bed, the person who picks you up.

FOR A PARENT

Keep three small things identical through any big change — same cup, same bedtime song, same seat. Anchors do the work.

FOR AN EDUCATOR

Pre-teach transitions. “In five minutes we stop” is not a courtesy; it is the intervention.

DRAW OR WRITE — WHEN DID YOU FEEL THIS?

A feeling is not the whole child. It is a part of them doing a job. Meet the part, and the child has more room.