

ROSS ELLENHORN

HOW WE CHANGE

(And Ten Reasons Why We Don't)

This book contains advice and information relating to health care. It should be used to supplement rather than replace the advice of your doctor or another trained health professional. If you know or suspect you have a health problem, it is recommended that you seek your physician's advice before embarking on any medical program or treatment. All efforts have been made to assure the accuracy of the information contained in this book as of the date of publication.

This publisher and the author disclaim liability for any medical outcomes that may occur as a result of applying the methods suggested in this book.

This is a work of nonfiction. The events and experiences detailed herein are all true and have been faithfully rendered as I have remembered them, to the best of my ability. Some names, identities, and circumstances have been changed in order to protect the privacy of the various individuals involved.

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FIRST EDITION

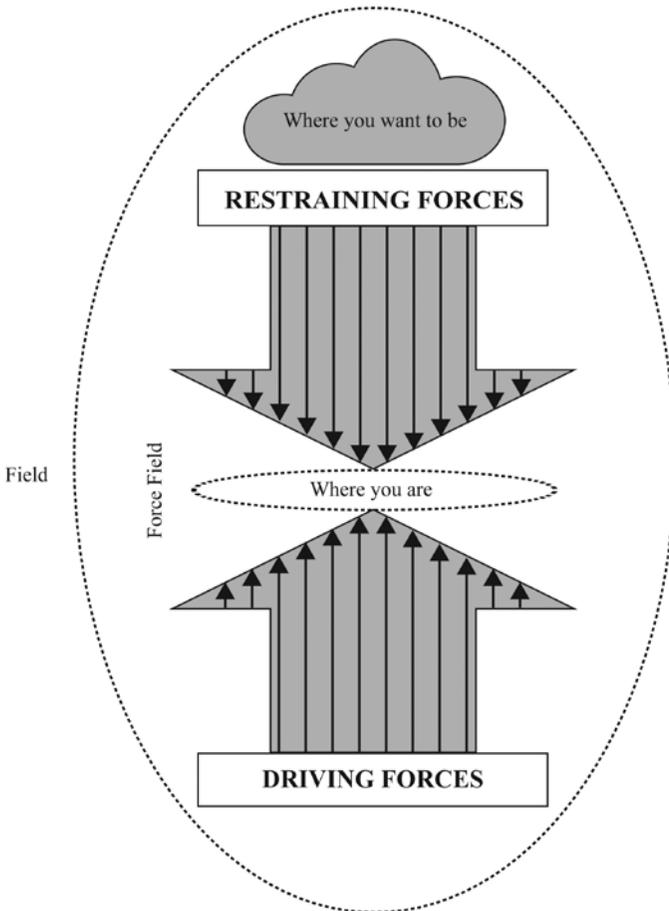
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THE WHERE YOU ARE/ WHERE YOU WANT TO BE TENSION

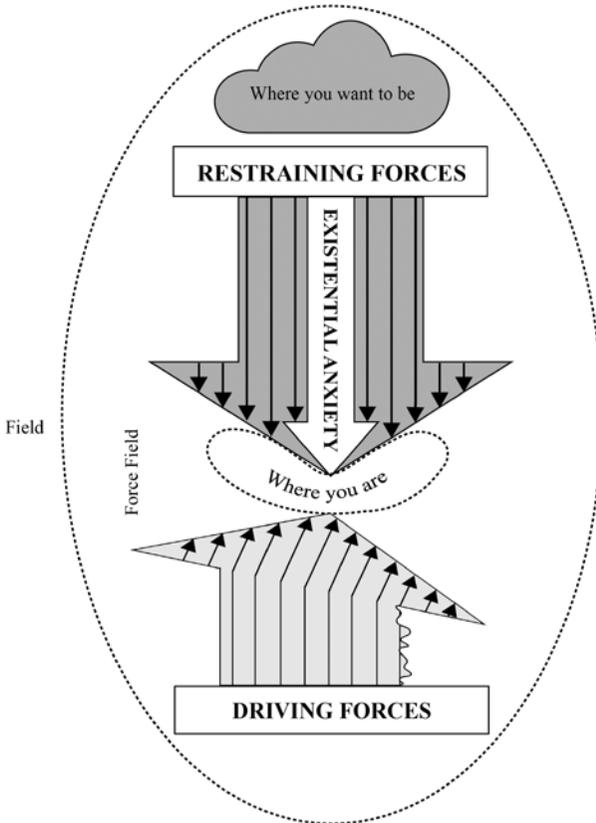
Fields and Force Fields



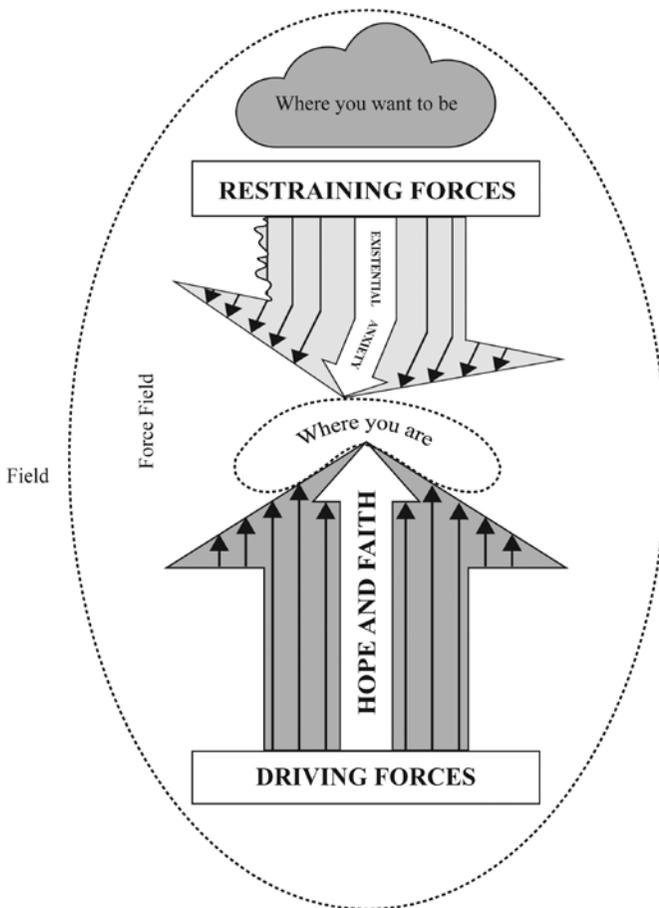
ANXIETY, HOPE, AND FAITH

The Three Laws of Personal Change

Law One of Personal Change:
The “Dizziness of Freedom” and Its Restraint



Law Two of Personal Change: The Driving Force of Hope



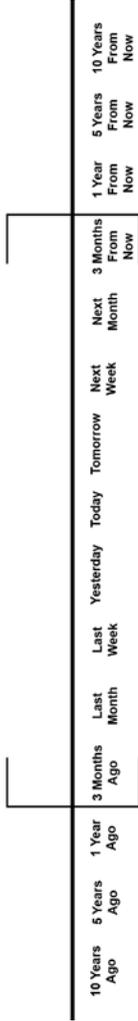
FEAR OF HOPE

A Science of Fear of Hope

Fear of Hope Measure

	Not At All	Very Little	Some-what	A Lot	A Great Degree
1. It is unwise to have faith in one's future	1	2	3	4	5
2. Being hopeful scares me	1	2	3	4	5
3. I feel safer not placing faith in the future	1	2	3	4	5
4. It is very hard for me to just accept feeling hopeful	1	2	3	4	5
5. I feel it is unsafe to be hopeful	1	2	3	4	5
6. I'm setting myself up for a fall when I'm hopeful	1	2	3	4	5

PERSONAL TIMELINE



INSTRUCTIONS

1. Place a "1" over the time point where you focus the most, a "2" for second most, and a "3" for third most.
2. Bracket the swath of time that best fits your mind-set.

For Example: 1 Year Ago - Tomorrow or Last Month - 5 Years From Now

Fig. 8

THE WEIGHT OF DESPAIR, THE LIGHTNESS OF HOPE

PROBLEMS AS KEYS

Here is a famous triangle representing a concept of three facets of an individual, with roots in ancient Egypt and showing up today at the top of the Y in YMCA.



Here is the Alcoholics Anonymous version of the triangle



THE ELEVENTH PORTRAIT AND THE BIG BOTH-AND

The Ever-Presence of Power in Our Life Spaces

