



Change Matrix Examples

Situation to Change	My Part	My Next Move
My mom always tells me she's afraid I'll never meet anyone else.	I'm actually worried about that, too, and I sometimes tell her that and about my other worries. I know that she ruminates on them and often brings them back up to me.	<ul style="list-style-type: none"> Stop talking to my mom about my worries. She can't stay positive or even neutral about my life. Write in my journal instead. Share only with those who are willing to listen neutrally and, when asked, provide a balanced perspective.
By convenience, my neighbors have become my default friend group. Many of them are very judgmental about my decision to leave my marriage; they aren't as friendly toward me now.	I've let people who don't have my best interests at heart too deep into my life. I've shared too much and I've limited my social circle to a very small group.	<ul style="list-style-type: none"> Make a concerted effort to cultivate new friends starting now. Connect with other people currently going through divorce. Be more selective about who I spend time with and bring into my confidence.
My dad freely asks me a lot of intrusive questions about my divorce. It's uncomfortable to decide what and how much to say and, sometimes, I end up sharing too much.	I feel obligated to try and answer the questions because I know he cares about me. I have a hard time saying no and setting boundaries.	<ul style="list-style-type: none"> Decide ahead of time exactly what I'm willing to tell him, if anything. Answer his first question by saying, "I appreciate that you are asking out of love but I really don't want to talk about it." If he is insistent, lovingly cut the visit or conversation short and leave.
My sister is very disapproving of my divorce and often comments that it's ruining my kids. I always feel worried, guilty and stressed after our conversations.	I want to be able to confide in my sister but she can't understand what I'm going through and doesn't know how to best support me. She loves me but she will never give me the kind of support I really need and want.	<ul style="list-style-type: none"> I will acknowledge to myself that my sister is not the right confidante. I will stop talking to her about my divorce and find a good therapist to support me in working out my feelings. For the time being, while I'm recovering, I will limit the time we spend together.



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