

## 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...**

# Immunity to Change Worksheet



... 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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**When I...**

*take on extra work*

**... I really want to...**

*say that I can't take it on*

**... because I am committed to...**

*working more effectively and reducing my stress.*

**In reality I...**

*agree to the extra work*

... 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.**