



## **Worksheet: Me to Mum Session: Changes in Identity**

Can you write down some of the changes you have been through in your life?

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Focus in on one of your change memories.

Can you recall how it felt making up your mind to change?

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How did your body feel?

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Are there any thoughts that you can remember having at the time?

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How did you cope with change?

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Looking back now would you like to have done anything differently?

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Now having spent some time thinking of this particular change – can you take a wider view and identify how you are with change more generally?

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Can you think of what makes it easier for you to adapt to change?

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What makes it harder?