Your Guide To Changing Someone Else's Mind

RP RECOVERY PRACTICES LLC

Guidance • Support • Solutions

Guide Series

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Influencing Others

How do we want to influence others?

with...

- **luck**
- **anger**
- **shaming**
- **blaming**

or with...

- **knowledge**
- **skills**
- **wise love**

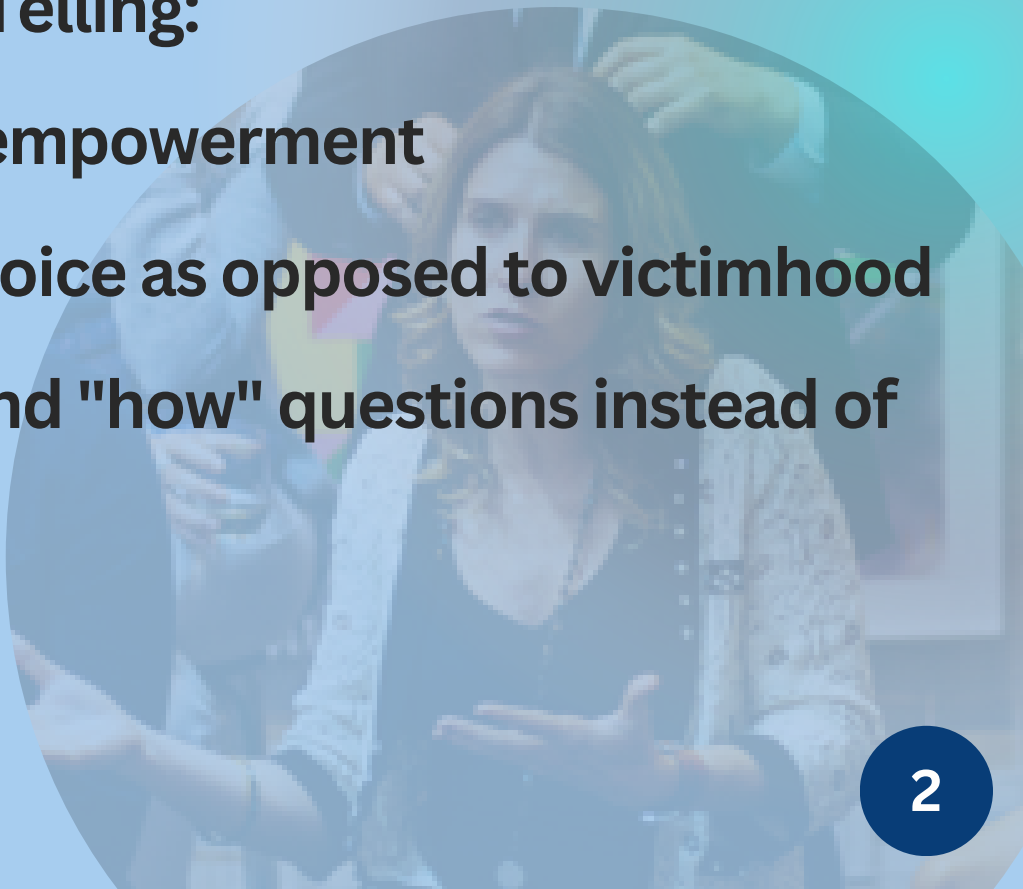
Curiosity Goes A Long Way

Consider your interest with theirs in mind.

- genuineness
- truly interested
- practicing tone
- positive attitude
- no sarcasm
- facial expressions
- body language

Questioning vs. Telling:

- fosters self-empowerment
- promotes choice as opposed to victimhood
- ask "what" and "how" questions instead of "why"



Motivating Change: Knowing Where They Are and Where You Are

Stages of Change:

- Denial - Ambivalence
- Preperation - Action
- Maintenance - Recycle

Recognize what stage we are in.
Recognize what stage our loved one's are in.
Learn how to move from one stage to the next.
Identify your resistance to implement change skills.

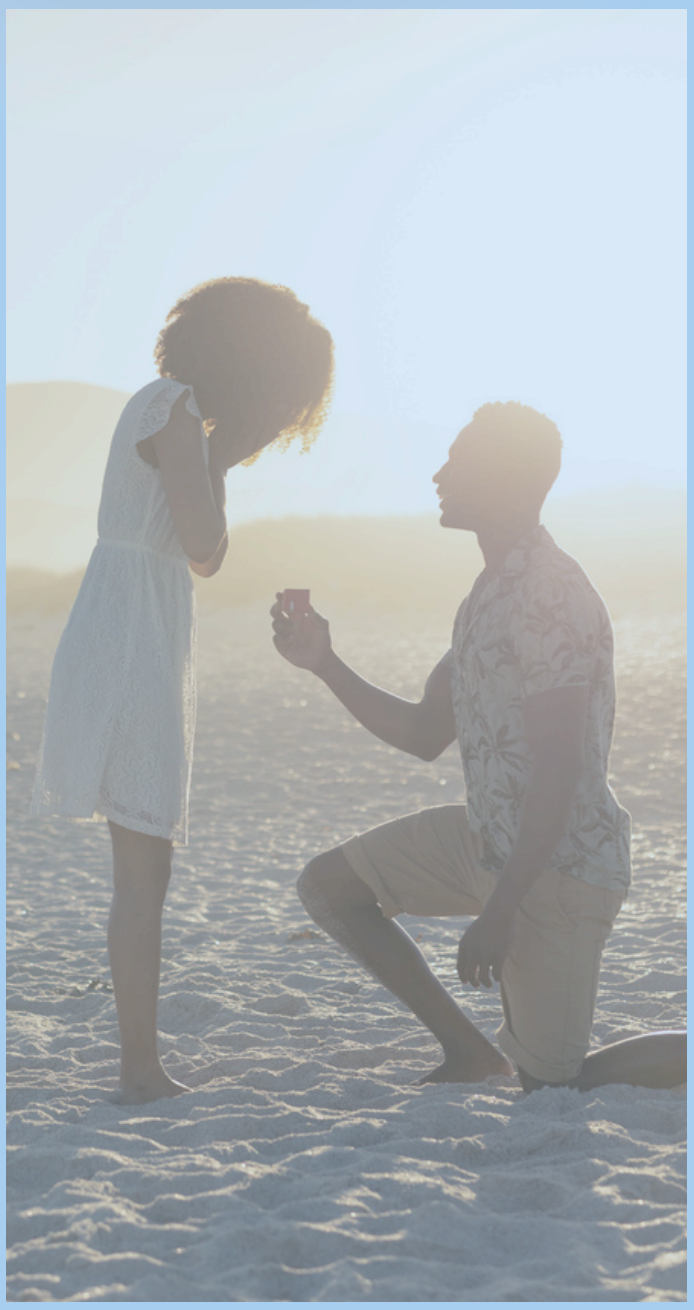
Asking vs. Telling Power

What is motivational Interviewing?

What is OARS?

What is Rolling with Resistance?

What does asking permission do?

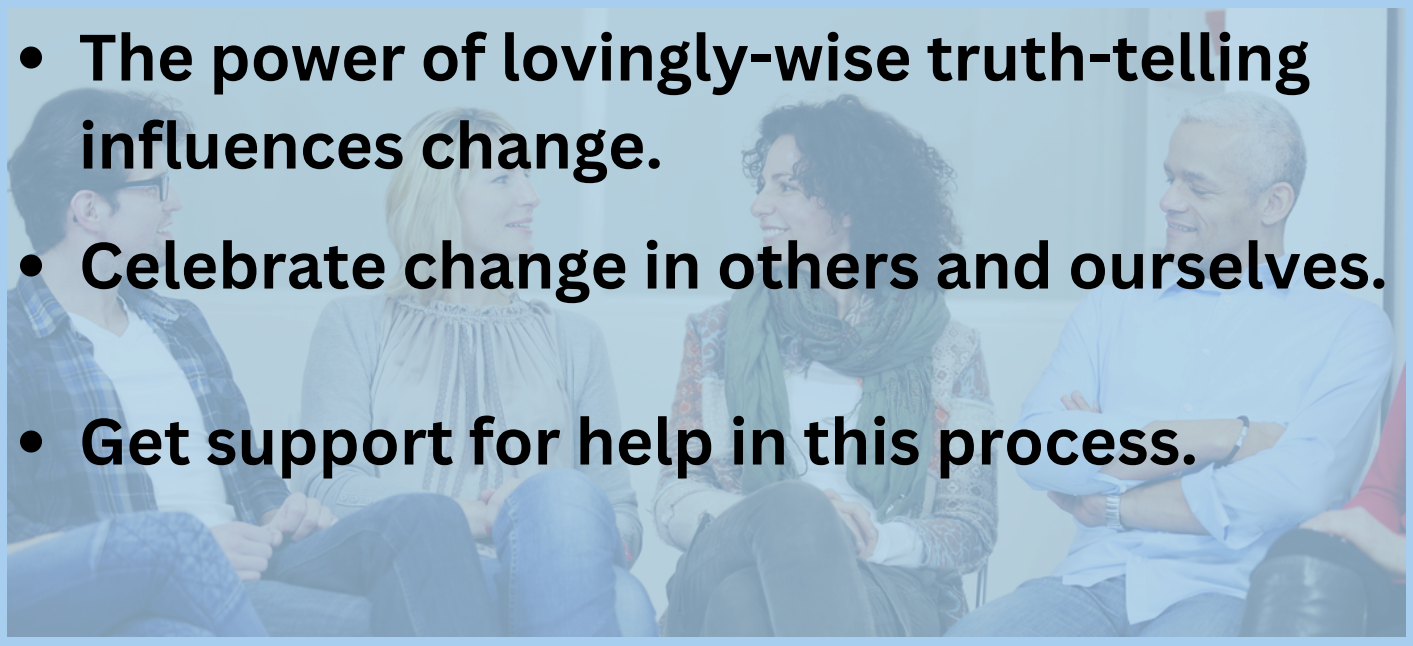


Contributing to Lasting Change in Others

- Hearing change "talk"
- Seeing behavior change
- Being patient
- Keeping ourselves focused
- Accepting the process - not always linear
- Continue practicing new communication skills.
- When in doubt - LISTEN!

The Power of Change

- The Power of change first starts with us.
- When we change, we allow space for others to change.
- We become a safe space for others to change.
- Accepting the path of others' change is our power, too.
- The power of lovingly-wise truth-telling influences change.
- Celebrate change in others and ourselves.
- Get support for help in this process.



What's your next change focus?

- Will it be for you, for others, or both?
- Will you be able to recognize the change stages?
- How will you influence moving through the stages of change?
- What will be your superpower to help change happen?
- Who or what support will help you implement change, for yourself and/or for others?

DO YOU NEED MORE HELP?

LET'S CONNECT

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About COLLEEN

My mission is to provide families and individuals guidance, support, and skills to navigate through difficult challenges and create positive outcomes.

Together we can move forward and create positive change!

My 12-Week BALM® Family Recovery Workshop with Private Coaching includes:

• 12 private coaching sessions for individuals, couples, groups of family, and/or friends.

• Laser sessions included.

The one-year BALM® Family Recovery Comprehensive Program with Private Coaching includes:

• 24/7 online support

• 12 private coaching sessions for individuals, couples, groups of family and/or friends.

• Laser sessions included.

Reach out today for a Free 30-minute consultation so I can understand your needs/concerns and provide the best recommendations for resources, support, and guidance that could change your life for the better.

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