

## Session 5: ‘What’s holding me back?’ Force-field analysis

In today’s session we introduced a way of thinking about forces that either impede your progress or help you to make changes. This is known as Force-field Analysis.

You’ll remember our earlier diagram that showed a staircase where we asked you to break down your goal into smaller steps. What we’d like you to do is think about that same staircase and this time identify the forces that are helping you to move up that staircase towards your goal one step at a time. We’d also like you to think about what forces are holding you back or are getting in the way of you taking the next step.

Forces for change can be things about you as a person, so try to think about are your strengths. They can also be supportive people or tangible resources or institutions.

Forces against change can be thoughts, such as negative predictions, or fears about what will happen. They can also be deficits such as having few supportive people in your life or little access to the resources you need to achieve your goals.

Fill in the forces in the boxes provided. We’d also like you to think about how you might strengthen the forces for change and weaken the forces against change. Write down your ideas below:

### Reflective questions

*What can I do to strengthen my forces for change?*

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*What can I do to weaken forces against change?*

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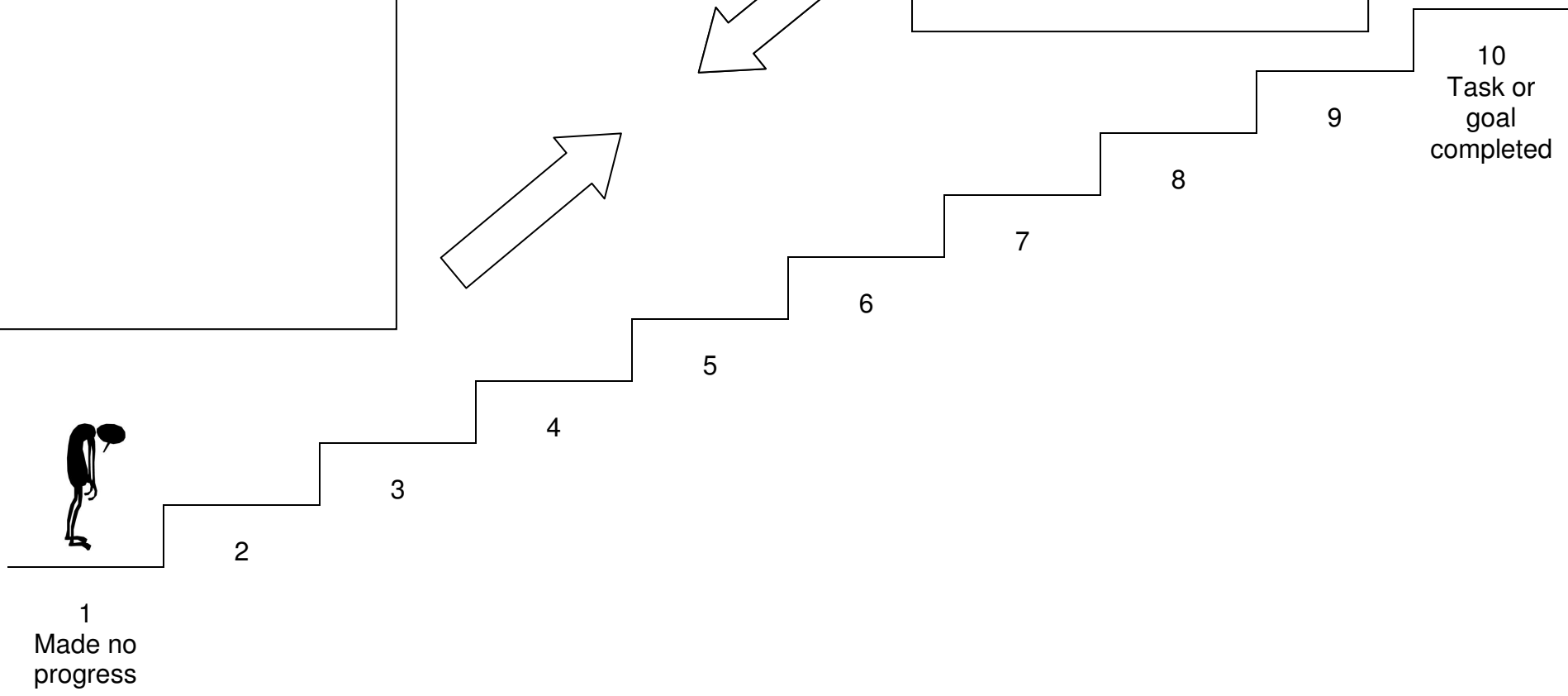
Come and let us know how you get on. Until we see you ‘Good Luck’

# Force-field analysis

Goal:

Forces for change	
1	
2	
3	
4	
5	
6	
7	

Forces against change	
1	
2	
3	
4	
5	
6	
7	



1  
Made no  
progress

## Activity Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning 1							
Morning 2							
Afternoon 1							
Afternoon 2							
Evening							