

The Four Ws: Building a Supportive Network for Change

"We don't heal in isolation, but in community."

~ J. Kelley Harrell, American Author

We need each other.

We are "hard-wired" to be with other people. We like being among others. It's in our most basic nature. If that was not the case, we would never have built communities. We wouldn't even have relationships.

The problem is that having relationships, despite all the obvious positives that come from them, also can make it difficult to change. When we decide to change our lives, whether that be losing weight, getting more fit, learning to respond instead of react; everyone else in our lives has to change also. They have grown accustomed to our habits, behaviors, beliefs, and attitude. We might have decided to make a change in any of those, but they didn't.

We have three options:

1. Give up on what we want.
2. Ignore their concerns and questions, possibly damaging the relationship. It will certainly make our plan more difficult.
3. Bring them along, making for closer relationships and getting more support, making our journey easier.

The correct answer is obvious. The question is How?

The "Four Ws" gets you what you need, while also making sure others are getting what they need.

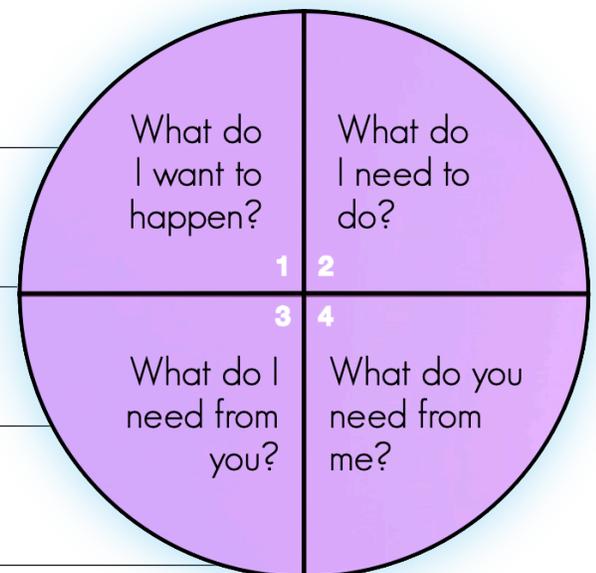
Answer the following four questions and not only do you have a plan, but you're building support among those who care for you.

W1: **What** do I want to happen?

W2: **What** do I need to do to accomplish that?

W3: **What** do I need from you to do to help me?

W4: **What** do you need from me to do that?



Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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