

Explanation of Exercises

Considering Change: The Force-field diagram

The force-field diagram was introduced by social psychologist Kurt Lewin to describe the sum of forces in a human group or system, the consequences of which are to maintain the status quo. This exercise, when applied to individuals, not only gives us insight into our resistance to change, but also suggests a direction for us to grow beyond it. Lewin noted that when faced with a dilemma people ordinarily try to change by strengthening the change-inducing forces. The way the force field actually works, however, is that forces against change balance forces for change. So the increase in positive force is confounded by an opposite increase in negative force. The result is a standoff. Instead, Lewin advised that the way to change is to **decrease one of the reasons not to change**. For example, persons who ordinarily do not find an hour to exercise might find 15 minutes to begin with. Or, those who stay in dysfunctional relationships because they fear being alone, might be encouraged to develop new relationships and activities.

Feeling words vocabulary

The following is a categorized and alphabetized list of feeling words.

MAD	GLAD	SAD	SCARED
Aggravated	Cheerful	Blue	Agitated
Annoyed	Contented	Dejected	Apprehensive
Disgusted	Delighted	Disappointed	Frantic
Enraged	Elated	Discouraged	Frightened
Frustrated	Encouraged	Forlorn	Intimidated
Furious	Enthusiastic	Grieving	Panicky
Hate	Gratified	Gloomy	Tense
Hostile	Happy	Helpless	Terrified
Incensed	Joyful	Hopeless	Timid
Irritated	Jubilant	Hurt	Uneasy
Peeved	Love	Miserable	Vulnerable
Resentful	Relieved	Unhappy	Worried