

Force-Field Diagram

Purpose: To clarify resistance to change.

Directions:

A. Enter your change goal _____

A. In the *left* hand column enter five reasons to change. In the *right* hand column enter *five* reasons to *not* change. Do not go on to part C until you have completed part B.

Reasons to change	Reasons <u>not</u> to change
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

C. After noting ten forces, evaluate each of them according to their strength or importance. Imagine that you are distributing ten one dollar bills for each side of the diagram. Review each list and sort out the forces according to how strong they are, giving the strongest forces the more dollar bills and the weaker forces the fewer dollar bills. Each force should have at least a one-dollar bill and the total on each side should equal ten. Enter and circle the number of dollar bills apportioned for each force under the number for each force. (For interpretation of this exercise, see Explanation of exercises.)