

Eight Steps To Help Your Care Receiver Accept Change

Use these steps when your care receiver is ready to move past accepting the problem and expressing his/her feelings.

Pray. Pray with and for your care receiver. Ask God to help your care receiver in each of the steps outlined below

Possibilities. Help your care receiver brainstorm options, encouraging him/her to express all possibilities no matter how wild they seem.

Plan. Narrow down the options to a feasible few. Help the care receiver select the one or two options that seem most reasonable helpful. The care receiver needs a clear and simple plan for what he or she will do and how to do it.

Positive Outlook. Identify the strengths and gifts God has given the care receiver that will enable him/her to carry out the plan. Encourage the care receiver to be positive about tackling the change that needs to be made.

Prepare. Does your care receiver have everything—materials, personal contacts, or other resources—that he or she needs to do what has been planned? Has he/she thought about the right time and the right way to take action?

Perform. Now, the care receiver is ready to *do* it. Let him or her know that you are supporting with prayer all the way!

Persist. Your care receiver may not succeed right away. Change is difficult and requires determination and perseverance. God specializes in strengthening his people to do what is necessary but difficult. Bathe your care receiver in prayer and encouragement.

Praise. Congratulate your care receiver for every successful step taken. Celebrate every victory, no matter how small. (A small gift or symbol of the victory can be an ongoing inspiration.) Also, take time to praise and worship God together, thanking God for his faithfulness and goodness to you both through this process.