

Knowing Your Feelings About Change – PAR



ABOUT THE AUTHOR
 Ron Wiens is a Partner in Totem Hill's Ottawa and London offices. To contact Ron, send him an email at RonWiens@totemhill.com

When seen as a natural component of change, the doubts and anxieties associated with change can be harnessed to raise comfort levels and improve performance.

PROGRESSION, AWARENESS, REGRESSION

The fundamental driving force of accomplishment can be stated as follows:

"YOU MOVE TOWARDS, BECOME, THAT WHICH YOU HOLD UPPERMOST IN YOUR MIND."

Lou Tice

We can only keep our goal uppermost in our minds when we believe in our ability to achieve it. Any time we start something new, move towards something unfamiliar, we go through a predictable emotional cycle. Even when we know that what we're moving towards is absolutely right, the newness of it, the unfamiliarity of it, will always create anxiety.

It is fundamental in human nature that belief in our ability to do something new is always followed by doubting the belief. However, when we doubt our ability to achieve what is new and unfamiliar, doubt is uppermost in our minds, not the goal. We lose the goal.

If we allow ourselves to embrace the doubt, if we tell ourselves that we're not supposed to ever have real doubt, then we lose belief in ourselves, we only see failure, and we no longer strive towards the goal.

Our feelings stop serving us—they start controlling us.

The antidote to this common cycle of raised belief in self (progressive emotions), followed by marked self-doubt (regressive emotions), is AWARENESS. Through awareness of the cycle, we see the doubt as just that – doubt, not reality. We let ourselves feel the anxiety because it means that we must be doing something challenging. We don't let our emotions tell us that we might fail.

