



## **Instructions:**

Make sure that you've read the article Immunity to Change thoroughly before completing this worksheet.

Complete the statements below, based on the commitment you've made to change, and the difficulty you're having in carrying it out.

There's a worked example below showing a typical example of immunity to change, and how to begin moving past it.

When I
I really want to
because I am committed to
In reality I



## Worksheet Immunity to Change



instead. That shows that I am also committed to.	
	Which I realize is contradictory!
But when I imagine	
I feel	
because I assume that	
	I commit to running an experiment to test this assumption.



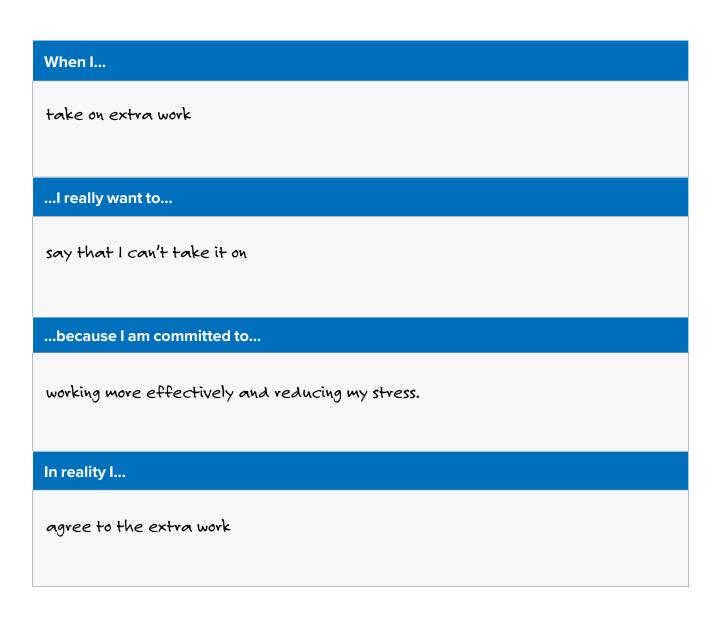


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## Worksheet Immunity to Change



instead. That shows that I am also committed to	
not appearing weak and lazy.	
	Which I realize is contradictory!
	,
But when I imagine(the outcome of delivering the first commit	tment) <b>,</b>
myself turning down work.	
l feel	
anxious and fearful	
because I assume that	
my boss will think badly of me.	
I com	nmit to running an experiment to test this assumption.