

## **Coach's Corner**

### **Who are you trying to change?**

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How often do we find ourselves trying to change someone else—a spouse, a boss, a friend, a co-worker? Think it will work? Not very likely. So why do we keep trying?

We may feel that we need to change ourselves, but it's much easier to think about changing somebody else. We also often don't recognize that we are trying to change someone else. We tell ourselves: "I should just try harder, say the right things, love more, do things better." But that still means we want the other person to change in response.

We all need to recognize and accept the plain truth: people only change when they are ready, willing, able and want to. And that includes ourselves.

If you want change, change your own attitudes, actions, and responses. Be sure to change for the right reasons—because you want to, not because you think it might change somebody else or because someone thinks you ought to or because you are afraid. Change yourself for yourself.

**Coaching Tip:** Become aware of who you might be trying to change. STOP! Now, change your focus to yourself and the changes you want for yourself.

**Homework:** Make a list of 5 to 10 changes you want. Choose the smallest and make a plan. Then do it. When you have a small one under your belt, choose something a little more challenging.

**Quote:** "When we are no longer able to change a situation...we are challenged to change ourselves." –Victor Frankl

**Resources:** *Change Your Life and Everyone In It*, by Michele Weiner-Davis