

Myths and Realities About Change...

COMMON MYTH

Change has to hurt.

Change is a one-time thing.

Change is radical.

Change must be imposed.

Change can be mandated.

Changing behaviors is easy.

Others have to change; not me.

Change is fast

We can't tolerate mistakes.

Change won't be resisted.

People know how to change.

Change goes in a straight line.

People like to be the first to change.

You can gradually wear down resisters.

THE HONEST REALITY

Real change can be a fun opportunity.

Real change is continuous.

Real change happens in small steps.

Real change is self-motivated.

Real change has to be sold.

Implementing change takes commitment

I must change if I want them to change.

Real change is often incremental

Some mistakes are inevitable.

Real change is usually resisted.

People need skills to really change.

Real change zigs and zags.

Very few are comfortable pioneering.

If you push harder, resisters push back.

