

### Activity 4.3: What do I want to change?

After you have decided what the problem is and who the best people to talk to about it are, you need to decide what you would you like to happen. If you don't think about exactly how you would like things to change then you could speak up for yourself and get things to change in a way that you don't like.

<p><b>What needs to change?</b></p> <ul style="list-style-type: none"> <li>• What is happening now that I don't like?</li> <li>• Have any other changes been tried?</li> <li>• What is the cause of the problem?</li> <li>• How does the problem make me feel?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Who needs to change?</b></p> <ul style="list-style-type: none"> <li>• Does another person's behaviour need to change? Who?</li> <li>• Do many people's behaviours need to change?</li> <li>• Does my behaviour need to change?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Where do things need to change?</b></p> <ul style="list-style-type: none"> <li>• Do things need to change in one place? Where?</li> <li>• Do things need to change in a lot of places? Where?</li> <li>• Do things need to change everywhere?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>Why do things need to change?</b></p> <ul style="list-style-type: none"> <li>• How does the way things are done now make you feel?</li> <li>• How would I like to feel?</li> <li>• How will I feel if things do not change?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>When do things need to change?</b></p> <ul style="list-style-type: none"> <li>• Does the problem need to change now?</li> <li>• Can the problem be changed slowly?</li> <li>• By what date do I want things to change?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><b>How do things need to change?</b></p> <ul style="list-style-type: none"> <li>• What is the best way I can think of for things to change?</li> <li>• How would I like to feel?</li> <li>• What are some other ways I would like things to change?</li> </ul>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/>