



COURAGE TO CHANGE

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For change to happen it requires action and this begins with a single first step. Usually this first step moves us away from what is comfortable and known and this is experienced as scary or threatening.

Sometimes when we take that first step and experience the feeling of discomfort that results it often sends us running back to where we came from, however unhealthy and destructive it is, at least its known to us.

However, having the courage to walk into the unknown and allowing ourselves to experience the discomfort is a way that we move from where we are to where we want to be.