

Appendix B: “10 Rules of Change” Discussion Questions

The following are the 10 rules with one to two discussion questions for each rule.

Rule 1: All behaviors are complex

Can you think of a behavior that you would like to change? What steps would you need to do to “break down this behavior”?

Rule 2: Change is frightening

Which is more frightening for you: changing or not changing?

Rule 3: Change must be positive

How would you reward yourself for changing? Ex: I need to do my homework. If I finish my homework first, I will watch a movie.

Rule 4: Being is easier than becoming

What problems might you have with changing your behavior?

Rule 5: Slower is better

How long will it take for you to change your behavior? 1 week? 1 month? 1 year? How will you stay motivated?

Rule 6: Change requires structure

Do you have a plan for how you will reach your goal (changed behavior)?

Rule 7: Know more, do better

Do you have a friend who can monitor and encourage your progress with change? How often will you talk to this friend?

Rule 8: Practice is necessary

Do you have a plan for how you will practice your changed behavior?

Rule 9: New behaviors must be protected

Are there people, places, or things that you should avoid in order to change?

Rule 10: Small successes are big

What would you consider to be a small success for this change? What would be a big success?

These questions are based on the article, “[The 10 Rules of Change](#),” by S. Goldberg, published 1 September 2001 in *Psychology Today*.