

It looks so easy for other people,
why is change so hard for me?



IT LOOKS SO EASY FOR OTHER PEOPLE, WHY IS CHANGE SO HARD FOR ME?

When we are looking to make change in our lives, it can sometimes feel like others are finding it easier than we are. Making a change is H.A.R.D. because we have HABITS, ATTACHMENTS, RESISTANCE, and we get DISCOURAGED.

- HABITS - well formed ways of thinking, behaving and feeling. Often we don't recognise our habits, until we want to change them.
- ATTACHMENTS - We are connected to people, places and things. When we make a change, everything else changes too. Relationships change. We must let go of 'how things were' and we often struggle because we want things or other people to make the change too. Sometimes that doesn't work that way.

- RESISTANCE - this is sometimes linked to fear, and it means that we fear failing, or have concerns about our own ability to carry out change, or we might lose a friendship because we changed. This fear then starts telling us that we are unable to change, or that it is not worth it. So we stop.
- DISCOURAGEMENT - and then linked to resistance, is feeling discouraged. We don't progress as quickly as we like. It takes too long. The old habits hold us back. We miss certain things. And we succumb to the ease of keeping things as is. We cannot sustain the attention required long enough to create new habits and produce the results we want.

This is why change can be H.A.R.D.

WHERE CAN I GO?

If you are thinking about change, or just wanting to know how to make that start, there are people you can talk to, and services that can help you. Keep this card, and give it to your worker. Start a conversation about change today.

OPEN DOORS YOUTH SERVICE

Provides advocacy and support services for (LGBTIQA+) young people aged 12 - 24 with diverse genders, bodies, sexualities, relationships and families providing a culturally and developmentally appropriate service. opendoors@opendoors.net.au (07) 3257 7660

BRISBANE YOUTH SERVICE

Brisbane Youth Service - Housing programs, individualised support, groups, free counselling, medical clinic, and activities for young people aged 12-25 years. admin@brisyouth.org (07) 3620 2400

Artwork by Blair Koster.

The Artworks on these cards are from the "Art For Change" Program - an 8 week Art Therapy Program collaboratively designed and facilitated by Mikarla Teague from Open Doors Youth Service and Jacqui De La Rue from Brisbane Youth Service, for LGBTIQAP+ Sistergirl & Brotherboy young people who access these services. We would like to thank all the young people who participated in this project and have bravely shared their creativity and experiences with us.



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-Blair