



When the changes I
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WHEN THE CHANGES I MAKE ARE NOT SUPPORTED BY OTHERS AROUND ME.

You've decided to make changes. Those around you, like your friends, are not ready to make those same changes, or worse, are not ready to support you. Maybe your friendship is based on the thing that you want to change, like reducing substance use. The key thing to remember is who are you making this change for - answer: YOU.

So you may need to think about how you communicate your needs with those around you. Change can be difficult for those around us.

We cannot control how others in our lives feel about our choices. When the people in our lives are not in a position (for whatever reason) to accept or support us in the changes we want to make, consider:

- Talk to your friends about how important this change is for you.
- When they are being unsupportive, it's OK to let them know how it makes you feel and to ask them to stop.
- It's OK to tell them that their lack of support is not OK with you. Tell them what would be more helpful for you as you make changes in your life.

WHERE CAN I GO?

If you are thinking about change, and feel unsupported by others around you, 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.

Artwork by Caspien.

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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