

RVM Construction Insider
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How Well Do You Cope With Change?

RVM Construction Insider

Residential and Commercial Construction Tips and Advice

SPRING



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How Well Do You Cope With Change?

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All change carries with it the risk of the unknown and the unexpected. Some find this exciting and welcome the challenge. Others go down the path of change reluctantly, dragging their heels all the way. But, as songwriter Johnny Rivers said, "The only thing that's permanent is change." A conscious, developed awareness of our response to change can help us develop better coping strategies.

Exploring your own feelings about change and thinking of ways to cope with the possible stress is a great way to prepare yourself for a construction project at your home or business.

Answer the following questions to find out how you handle change. You won't be scored at the end, but answer true or false to the following questions, and elaborate a bit on those that feel especially relevant.

T / F 1. I hesitate to make a change until everything is 100 percent right.

T / F 2. I never make changes unless they are forced on me.

T / F 3. Generally, I look forward to change as exciting and challenging.

T / F 4. I'm the kind of person who has to be totally fed up before I'll make any changes.

T / F 5. When confronted with a change over which I have little control, I review the events and my behavior to determine if I could have done anything differently.

T / F 6. Rather than feeling responsible for negative changes that come out of nowhere, I take responsibility for my reaction to them.

T / F 7. I realize that sometimes even "good" changes have an underside that may bring unexpected problems.

T / F 8. I realize that a positive change in one area of my life won't smooth out all my problems.

T / F 9. When coming to terms with a major change in my life, I attempt to keep other changes to a minimum.

T / F 10. When a change or transition occurs, I review how I have handled other such events in my life for lessons on how to cope in this event.

T / F 11. I look for other people who have undergone similar changes as models for how I might better cope with the change in my life.

T / F 12. During a time of change, I ask for help and support from those close to me, reliable friends and outside professionals.

T / F 13. After a life change, I step back from the situation to get perspective and rest in order to regain a sense of balance.

T / F 14. I try to look at the "big picture" of the change, and acknowledge mixed feelings I might have.

T / F 15. Rather than blaming or feeling victimized, when I'm caught in a change over which I have no control, I "pick myself up, dust myself off" and continue to move forward.

T / F 16. I don't hold onto the "way things used to be,"

but instead move into "the way things are."

T / F 17. In order to make a necessary change, I am willing to risk the disapproval and lack of support from others.

Now that you understand your own reactions to change a little bit better, use this information and self-awareness when dealing with your home improvement project to ensure a great result.

Call RVM for a complimentary conversation on your home or commercial construction project today!

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