

TRANSITIONS

Sustaining Social Change

*there is no beginning without an end
what is over? what isn't?
what can I let go of
change can*

Community Experience of Reconciliation and Transitions

Part I

Please circle the answer that best describes how much you agree or disagree with each of these statements.

1. I am confident that I can change my life for the better.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

2. I feel there are periods in my life when I have had to end an old way of behaving and begin a new behavior.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

3. I believe that change involves a process.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

4. Once a person comes up with a plan for their future they should stick with it no matter what.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

5. I believe that change is immediate.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

6. I think it is a waste of time to sit around and think about the past.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

7. I believe that anyone can change if they try.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

8. I believe that knowing how change happens helps me stay on the path toward change.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

9. I have learned a lot about myself by reflecting on my life.

1	2	3	4	5
Strongly Agree	Agree	Not Sure	Disagree	Strongly Disagree

Finally, please circle the answer that best describes how you feel.

10. In my life, the most important thing is...
 1. How I reach my goals
 2. Actually reaching my goals
 3. Both equally