

It's Not My Fault Small Group Study – 8 Sessions

Session 4: You Can Stretch and Risk

The ability to stretch and risk often doesn't come naturally; to learn to do this you will need to incorporate some new strategies. Dr. Townsend shares an example from his own life, about when he needed to stretch and risk in order to launch his practice. It was scary, but in the long run his risk paid off. In order to push beyond your comfort zone, you need to normalize change. Dr. Townsend gives a list of things that may be getting in your way, and offers three suggestions that will increase your success rate.

Small group discussion questions:

1) Why have I been hesitant to take a risk?

2) Which of the skills/steps listed do I need to help me to take this risk?

3) Normalize Change - Get Rid of Inertia/Passivity - Enjoy the Ride - Face & Reject Your Fears - Fear of Fear Itself – Support/Reality Check