

WATCH FOR THE MOSQUITOES

Whether we love change or loathe it, it can be difficult to let go of the old way of doing something. If that change involves a move to a country that has a whole new way of doing everything, and sometimes a new language too, the change can come as a shock.

Stages of Change

- Denial** We don't, or won't, admit that there is any need to change.
- Resistance** We find many reasons why we won't be able to change, why the change will be difficult, or the reasons if will be bad for us.
- Exploration** We try the change. At first we may try just a small part of the change we need to make. If that goes well, we may try a little more. If anything scares us, we might jump back to the Resistance stage.
- Commitment** We see that the change is good for us, or at least won't hurt us, we develop a level of comfort. We don't have to like it!

It is the time between doing things the old way and doing things the new way that is most challenging to people as they adapt to a new situation or new routine in their lives.

Previous direction	New direction
Up	Left
Right	Back
Down	Right
Back	Down
Left	Front
Front	Up

Why bother with the mosquitoes?

Common mosquitoes

Finance	
Education	
Medical care	
Transit	
Shopping	
Social life	
Weather	
Driving	