

### 33. Attitude Activity: Force Field Analysis

Force Field Analysis is a method for listing, discussing and assessing the various forces for and against a proposed challenge you are facing. It helps you look at the big picture by analysing all of the forces impacting on you and weighing up the pros and cons. Having identified these, you can then develop strategies to reduce the impact of the opposing forces and strengthen the supporting forces. So, if you are finding it difficult to motivate yourself towards a certain aspect of your studies, this might be one for you.

Forces that help you achieve the challenge are called 'driving forces'. Forces that work against the challenge are called 'restraining forces'. Chart the forces by listing, in strength scale, the driving forces on the left and the restraining forces on the right. The important thing to do is to make sure the driving forces are more compelling than the restraining forces.

Have a go with a challenge you're facing.

## The Challenge

[illegible]

**Final Thoughts**

You'll notice we've given you fewer lines to record your restraining forces. This is because, psychologically, you need to have a longer list of positive, driving forces. This longer list will help you go into a challenge with a more positive attitude!

Is there one thing you can do that will remove a restraining force from your list? Take the action now.

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Is there one thing you can do to that will strengthen a driving force on your list? Again, take the action now.

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