

Understanding Where We Are to Move Forward

Many people say they want to change, but they often feel stuck and don't know why. We usually think the problem is that we are not strong enough or not disciplined enough. In reality, we often try to get rid of the old version of ourselves and turn into a completely new person. We tell ourselves that the old us is bad or not good enough. This way of thinking makes change feel heavy and hard.

Instead of trying to erase who we are, it is more helpful to understand where we are now. This is not about looking back at the past and getting stuck there. It is about noticing what is still affecting us today. Many habits, fears, or reactions exist because something in the past taught us to act this way. When we understand what is holding us back, we can start to move forward with more clarity.

Another reason we struggle to change is that we often set goals based on other people. We see what others are doing and think that it is normal for everyone. We forget that each person has a different life, personality, and journey. Comparing ourselves to others can make us feel slow or behind. Learning to accept where we are right now helps us choose goals that truly fit us.

That is why baby steps are very important when we want to change. Small steps help our mind and body feel safe instead of stressed. We should not only set goals based on what we think we should do, but also on what we can do now. We can even use tools like ChatGPT to help us plan realistic goals and try new ways to calm our nervous system. When we understand ourselves, accept our pace, and move step by step, real change becomes possible.

PART I: MULTIPLE CHOICE QUESTIONS

1. What is the main reason people struggle to change, according to the text?
 - A. They do not have clear goals.
 - B. They try to erase the old version of themselves.
 - C. They do not work hard enough.
 - D. They change too slowly.

2. What does the writer believe is more important than becoming a new person?
 - A. Forgetting the past completely.
 - B. Copying successful people.
 - C. Understanding where we are now.
 - D. Setting bigger goals.

3. Why does trying to delete the "old us" make change difficult?
 - A. It makes us forget our goals.
 - B. It puts too much pressure on ourselves.
 - C. It slows down our progress.
 - D. It makes other people judge us.

4. What does the text say about looking back at the past?
 - A. We should stay focused on it to learn lessons.
 - B. We should ignore it completely.
 - C. We should understand it without getting stuck.
 - D. We should feel guilty about it.

5. What is one reason baby steps work better than big changes?
 - A. They make change more exciting.
 - B. They stop us from thinking too much.
 - C. They help us finish faster.
 - D. They help the nervous system feel safer.

PART II: TRUE / FALSE

1. The text suggests that people fail to change because they are lazy. (T / F)
2. The writer believes the "old version" of ourselves has no value. (T / F)
3. Understanding the past means spending a lot of time thinking about mistakes. (T / F)
4. Setting goals based on other people's lives can make us choose the wrong goals. (T / F)
5. Baby steps are useful because they reduce stress in both the mind and the body. (T / F)
6. The text says everyone should have similar goals if they want to succeed. (T / F)
7. Using ChatGPT is suggested as a replacement for self-reflection. (T / F)
8. Real change becomes easier when we accept where we are now. (T / F)

PART III: VOCABULARY IN CONTEXT

Choose the best meaning based on the text.

1. In the sentence "This way of thinking makes change feel heavy and hard", the word **heavy** means:
 - A. physically difficult to carry
 - B. emotionally stressful or tiring
 - C. slow and boring

2. In "This is not about looking back at the past and getting stuck there", **getting stuck** means:

- A. forgetting the past
- B. understanding the past clearly
- C. not being able to move forward

3. In "Many habits exist because something in the past taught us to act this way", the word **exist** is closest in meaning to:

- A. disappear
- B. continue to be there
- C. suddenly appear

4. In "Learning to accept where we are right now", **accept** means:

- A. give up trying
- B. agree with other people
- C. stop fighting reality

5. In "goals that truly fit us", the word **fit** means:

- A. are popular
- B. are easy
- C. match our situation and ability

6. "Small steps help our mind and body feel safe", **safe** most nearly means:

- A. free from danger
- B. calm and not overwhelmed
- C. protected by others