



SOUTHEASTERN CENTER
 For Mental Health, Developmental Disability and Substance Abuse Services

Service, Excellence, Compassion

Force Field Analysis

- 1.) Define the desired change or action (agree on a simple statement).
- 2.) Brainstorm the driving forces & restraining forces
- 3.) Prioritize and/or assess strength of the driving forces & restraining forces
- 4.) Calculate Total (Driving Forces-Restraining = ? Positive number means move ahead, Negative number means maybe not as it may not succeed without removing/changing forces)
- 5.) List actions to be taken (focusing on the critical few driving & restraining forces)

Desired Change:

Driving Forces <small>(Those which currently exist & support or drive the desired change)</small>	Strength 1(weak) to 5(strong)	Restraining Forces <small>(Forces that may inhibit the implementation of the desired change.)</small>
	<div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-between; width: 100%;"> 5 -5 </div> <div style="display: flex; justify-content: space-between; width: 100%;"> 4 -4 </div> <div style="display: flex; justify-content: space-between; width: 100%;"> 3 -3 </div> <div style="display: flex; justify-content: space-between; width: 100%;"> 2 -2 </div> <div style="display: flex; justify-content: space-between; width: 100%;"> 1 -1 </div> </div>	

TOTAL _____

Action Plan: