

Bridges On Transition

Change: external; when something starts or stops

Transition: internal; how people adapt to the external change

3 Phases to Transition

- Endings/Letting Go
- Neutral/Unknown Zone
- New Beginnings

Healthy transitions ...

- One progresses through each phase



Endings/ Letting Go

- Identify what you are letting go of -- dreams, hopes, habits
- Loss/grief of what was
- Both sad & joyful/wake-like
- Takes commitment to reflect and explore



Unknown/ Neutral Zone

- Not knowing what is next
- "Stuckness", storming, questioning, etc.
- Can feel anxiety, uncertainty, like nothing is going on
- A time to slow down
- Takes being with/navigating the unknown



New Beginnings

- Possibilities emerge
- New truth is clear
- Feel energy, flow, confidence
- A time to be aware of trends, take action
- Takes trusting oneself and one's instincts