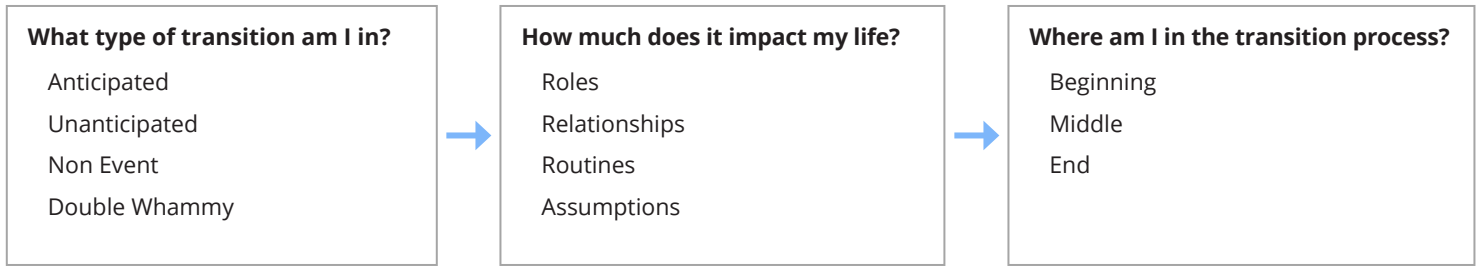


# Manage My Transition Worksheet

## Step 1 – Understand the transition you’re in, and where you are



First, identify the type of transition you’re in and where you are in the transition process.

### What type of transition am I in?

- Anticipated
- Unanticipated
- Non-Event
- Double whammy (multiple transitions at once)

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### How much does it impact my life?

Roles:

Relationships:

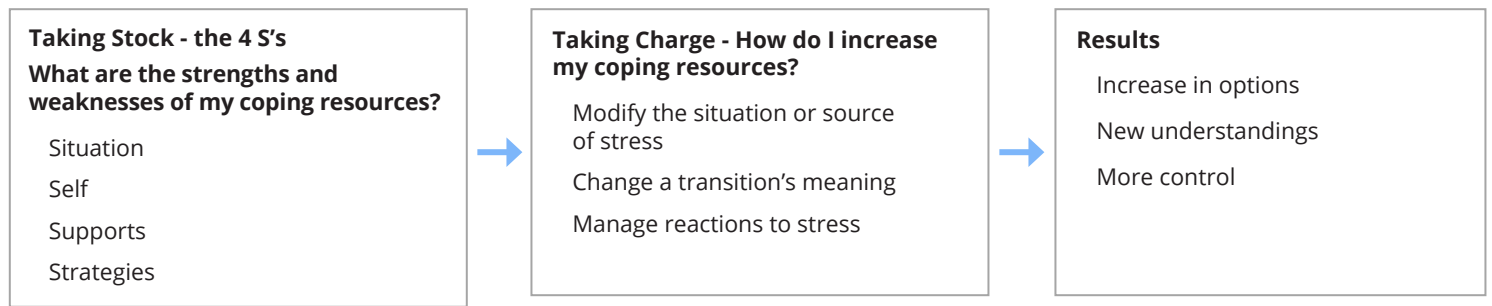
Routines:

Assumptions:

### Where am I in the transition process?

- Beginning: I’m moving into it, preparing for it
- Middle: I’m moving through it
- End: I’m moving out of it, integrating what has happened, what I’ve learned

## Step 2 – Manage the change by taking stock and taking charge



### **Taking Stock – the 4 S's: What are the strengths and weaknesses of my coping resources?**

Situation:

Self:

Supports:

Strategies:

### **Taking Charge – How do I increase my coping resources?**

Identify the resources you'd like to increase.

Situation:

Self:

Supports:

Strategies:

For ideas, consider these successful coping strategies.

1. Modifying the situation or source of stress (i.e. negotiating, asserting, brainstorming, seeking advice)
2. Changing a transition's meaning to neutralize negativity (develop new rituals and routines, relabeling or reframing, applying knowledge about transition process, using denial, humor, faith)
3. Managing reactions to stress (physical activity, therapy, meditation)