LIFE EVENTS & EXPERIENCES THAT EVOKE TRANSITIONS:

* LOSSES OF RELATIONSHIPS (Death, Separation, Divorce)
* CHANGES IN HOME LIFE
* WORK/FINANCIAL CHANGE
* INNER CHANGE
* GEOGRAPHICAL CHANGE
* DISABILITY
* COPING WITH FAMILY MEMBERS
* AGING PROCESS

FOUR RULES OF TRANSITION DYNAMICS:

1. THAT EVERY TRANSITION BEGINS WITH AN ENDING

2. Recognize RESISTANCE: You will reject the process of ENDING and a part of you will avoid moving forward into the transition process.

3. You will discover that you return in new ways to “Old Activities”.

4. Every Transition Involves three states in the dynamics of the process:

   I. And Ending - followed by

   II. A Period of Confusion and Distress - leading to

   III. A New Beginning
TRANSITIONS

RECURRING

A

AND

SIGNIFICANT

RESPONSES

TO

LIFE EVENTS

AND

EXPERIENCES

TRANSITIONS OCCUR:

WHEN AN EVENT (OR NON-EVENT) RESULTS IN NEW ASSUMPTIONS

OR AWARENESS ABOUT ONE'S SELF AND THE WORLD TO A DEGREE

SIGNIFICANT ENOUGH TO REQUIRE A CORRESPONDING CHANGE IN

ONE'S BEHAVIOR AND RELATIONSHIPS.

OR

WHEN AN INDIVIDUAL EXPERIENCES A PERSONAL "DIS-CONTINUITY" IN

HIS/HER LIFE, RESULTING IN A NEED TO DEVELOP NEW ASSUMPTIONS

AND BEHAVIOR(S) BECAUSE THE NEW SITUATION REQUIRES NEW

BEHAVIOR ADJUSTMENTS.