

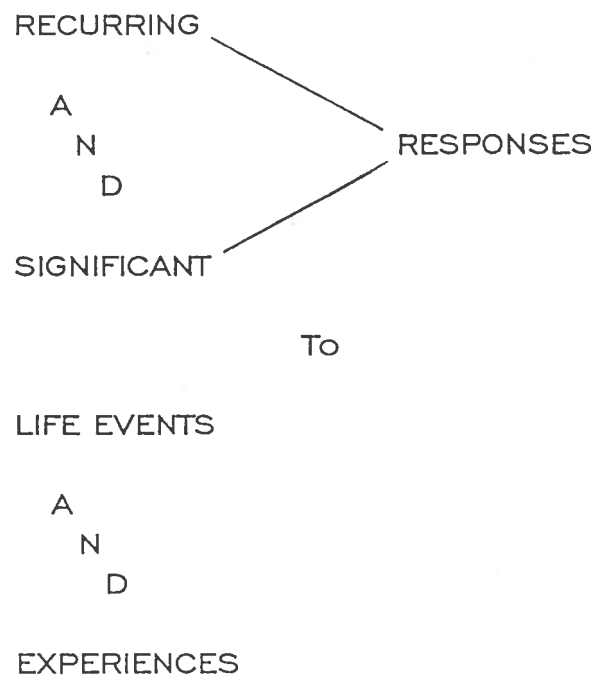
## LIFE EVENTS & EXPERIENCES THAT EVOKE TRANSITIONS:

- \* 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:

- I. 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



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.