

Change and adjustment

What Changed and What I Need to Learn

Adults | 10 to 15 minutes

A change can alter routines and expectations even when it is wanted. Some parts may feel familiar while others require new skills or support. Focus on the practical transition you are facing without deciding how quickly you should feel settled.

Choose one recent change. Separate what is new, what remains useful, and what you do not yet know.

Identify the new demand

Name a task, rule, relationship, or routine that is different. Describe the gap in information or support instead of judging your overall ability to adapt.

Keep an anchor

Choose one existing skill, connection, or routine that still fits. Pair it with a small step toward understanding the unfamiliar part, such as asking a specific question.

1. What has changed in my everyday life?**2. What new demand or uncertainty is hardest right now?****3. What familiar support or skill can I keep using?****4. What specific question or request would help me adjust?****Clinical use and adaptation**

Do not pathologize a normal response to change or assume adaptation means accepting harmful conditions. Explore losses, culture, safety, and functional impact. Persistent or severe difficulties may warrant further assessment.