

## Life transitions

# Carrying What Matters Into a New Chapter

Adults | 10 to 15 minutes

A transition can include several changes at once: roles, routines, relationships, location, income, or expectations. Something can be welcome and still involve loss. Map what is shifting before choosing which practical or emotional need to address first.

Use one current transition. List only the changes that matter to you and allow mixed feelings without resolving them.

**Map three kinds of change**

Name something ending, something continuing, and something beginning. If one category does not fit, leave it open rather than forcing a hopeful story.

**Share the transition load**

Choose one task or need that should not sit entirely with you. Identify a person, service, or source of information and a specific request.

**1. What is ending or becoming less available?****2. What connection, skill, or value can continue?****3. What new demand or possibility is emerging?****4. What part of the transition needs help, and what will I ask?****Clinical use and adaptation**

Recognize involuntary transitions, loss, displacement, and unequal resources. Do not require growth or closure. Adapt for culture, disability, safety, and literacy; assess severe distress or functional disruption when indicated.