

# Transition Thoughts & Resources



## Change vs Transition

- Change is the event
- Transition is the process, the journey before, during, and after the change event
- Make a note of some of the changes & transitions of my life. Questions
  - How long did that transition season last?
  - Are there things I could have done to shorten the transition?
  - What are questions I've asked myself in transition that I found helpful?

## 3 phases of transition: endings, neutral & new beginnings.

1. Transition Begins with an **Ending**
  - a. **This is a season of letting go**
  - b. Questions
    - i. What am I saying "no" to?
    - ii. What things do I need to let go?
      1. Old tools
      2. Mindsets
      3. Relationships
      4. Job
      5. Unhealth
      6. Patterns
    - iii. Do I need help in letting to (counselor, coach, mentor)?
      1. If So, who are my resources?
2. The next phase is the **Neutral** - or the Messy Middle
  - a. **The neutral is a season of surrender**
  - b. Remember this is a season of waiting
  - c. Questions
    - i. Who am I becoming?
    - ii. What am I doing with my life?
    - iii. What really matters to me?
    - iv. What are my values?
    - v. If I could change some things, what would they be?
    - vi. What are my dreams?

3. Lastly, we have **New Beginnings**
  - a. **New Beginnings is about alignment and integration**
  - b. Questions
    - i. What hints have I already received about this new season?
    - ii. To what am I saying YES?
      1. DON'T just go back to everything as it was. Be intentional!
      2. What new things am I adding to my life?
    - iii. How can my outer world align with the new things inside me (values, new purpose, calling)?

### **Types of Transitions**

1. Personal - a sabbatical is a type of personal, chosen transition
2. Group - for example, a family who experiences a death or a church that experiences a fallen leader together
3. Chosen - I choose to change careers, move to another country, etc
4. Involuntary - This happened and I didn't choose it: abuse, sickness, death of loved one, etc.

### **Age and transitions**

Typically, from our 20s until our early 40s, we are focused on **competence** or mastering skills. Oftentimes, we'll find a natural shift or transition in our 40s as we start asking more WHY questions; in this season, we often want our work to have more **meaning**; we often want to take on more tasks/work/relationships that are meaningful and fulfilling.

### **Grief**

Grief is a natural part of transitions. Sometimes grief will surprise you in the places it shows up. For instance, we often expect to see grief in our endings; but we don't expect it in the new beginnings. For example, you *chose* to leave your old job and start a new one - so why are you grieving as you start in your new position? You could be grieving the loss of your team or your relationships - and your new space is highlighting what you had in the old season.

People often talk about grief and its 5 stages (denial, anger, bargaining, depression, acceptance). And some people add a 6th stage: integration. "Stages" can give the impression that grief is linear and that it happens chronologically. However, grief is neither linear, nor chronological. In fact, grief often doesn't make sense.

I prefer to think of grief more like a ball of string that's all tangled together - and you never quite know which string is going to get pulled on which day. Today, the "denial" string might get pulled, along with the "depression" string.

Allow yourself space to grieve. But also - don't do it alone. Bring trusted friends or a counselor/coach into your journey as you untangle these strings. Eventually, with help and guidance, grief can be untangled. But it is a process. Be patient and gentle with yourself in the meantime.

### Questions

1. What am I grieving right now?
  - a. Do I have people who are walking this process with me? (Counselor, Coach, Mentor)
2. What have I lost?
3. Does the Ball of String analogy currently apply in my life? How? What strings are being pulled right now?
4. Who do I believe the Father to be for me in this season?

### **Chronology Exercise**

Make a timeline of your life, based on transitions.

1. What did I learn in those transitions?
2. Note the highs and lows of each transition.
3. Where did God show His faithfulness to me in that transition?
4. Are there similar themes I can see from 2 or 3 transitions?
5. Is there useful information from this timeline that can help me in my current (or next) transition?
6. What do I want to remember?
7. What can I celebrate?