

Reflecting on Change

Coping with change is an important skill to learn. Once you've gotten over the shock and disorientation it inevitably brings with it, ask yourself these questions:

How does this change impact my current relationship(s)?

What are the negative implications of this change?

What scares me about this change?

What are the positive implications of this change?

What pleases me about this change?

What do I need to help make the transition brought on by this change easier?