

Year 12

"A Transition Process"

Compiled for Toowoomba CATs Pilot

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What is a Transition?

A transition occurs when there is a discontinuity with previous life events ie: something in your life changes from where you are.

Examples of Transitions:

- Start/finish school
- Change school
- Move house
- Change group of friends
- First job
- Parents divorce, separate
- Dropped by girlfriend/boyfriend
- Change sporting team/coach
- Sickness
- Travel
- Other events that have had an impact on your life

What are some of the transitions you have experienced?

Were these easy, smooth, comfortable, difficult, distressing, disturbing, or uncomfortable?

Things impacting on transitions:

- The magnitude of the change
- Whether it is voluntary or not
- If it is predicted
- The amount of control you have over the change
- If the transition is something you want to happen
- Whether you have effective coping skills
- The stage of your life
- The timing involved



Making successful transitions is a great feeling.

Transitions can lead to feelings of discomfort, disorientation or loss of confidence. They can also be something that is enjoyable, esteem boosting, smooth. It can depend on how you handle them.

Tips for facing transitions

- Understand that you may feel uncomfortable, down, angry - be patient.
- Face that this is where you are now - can't necessarily go back.
- Take on your future - be positive about yourself.
- Test the new situation and determine your own path - this builds confidence in your own abilities and strengths.
- Think about what you have learned in the past - what skills can you use to cope with change.
- Take what you have learned from the transition and think about how you can use it in your life.
- Accept the transition as part of your life.

To do:

Select one of your life transitions: _____

Was this transition?

Voluntary	Involuntary	Predicted	Unexpected
Desirable	Undesirable	Controllable	Uncontrollable
	Enormous	Small	

How did you feel when you realised a transition was to take place?

How did you feel shortly after the transition had occurred?

How did you feel one month after the transition had occurred?

What things did you do that helped during the transition period?

What things did you do that did not help during the transition period?

