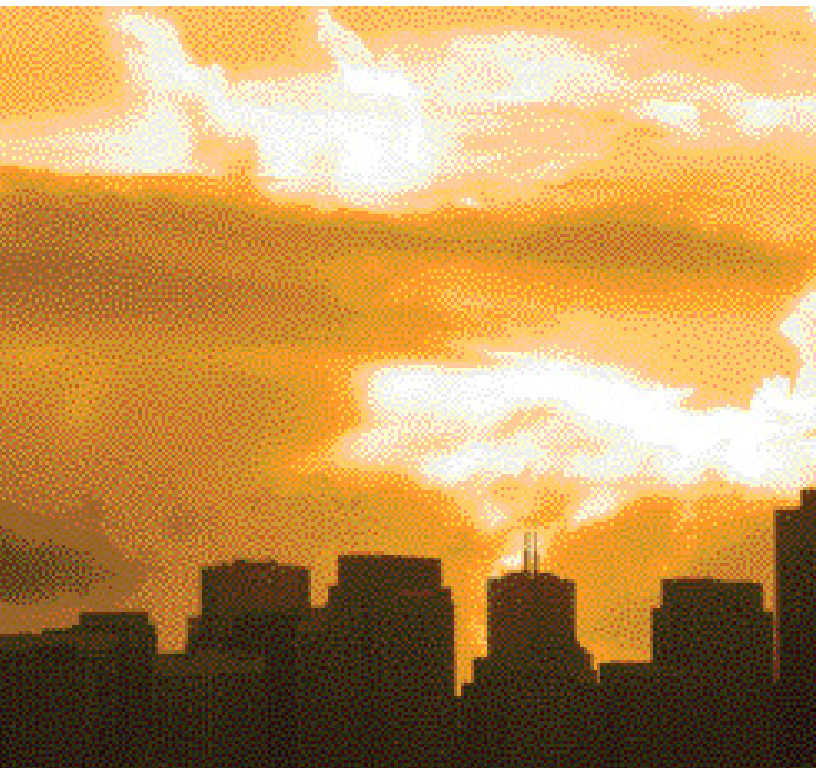


ENDINGS

1



Transitioning



ENDINGS

Mind

Body

Heart

Soul

“We come to beginnings only at the end.”

William Bridges

Reflection

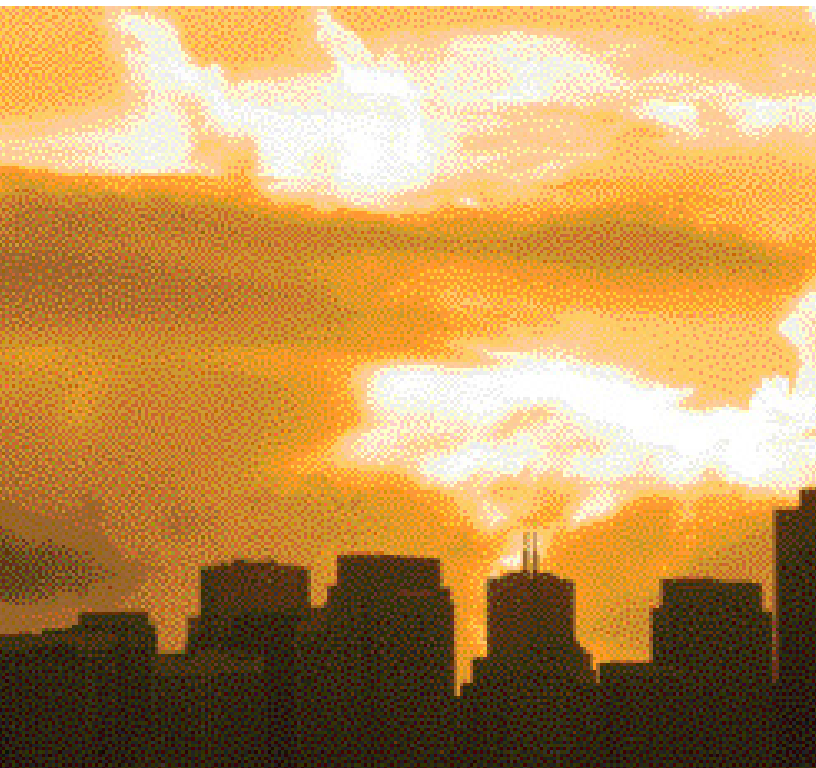
What does it mean that beginnings come only at the end? How do you think endings and beginnings are working together for you right now?

Action

Sometimes changes are frightening because they mean something is ending. Practice thinking about what is changing and what is ending. What will you miss? Does this remind you of other changes in your past?

ENDINGS

2



Transitioning



ENDINGS

Mind

Body

Heart

Soul

“Every slip is not a fall.”

Folk Saying

Reflection

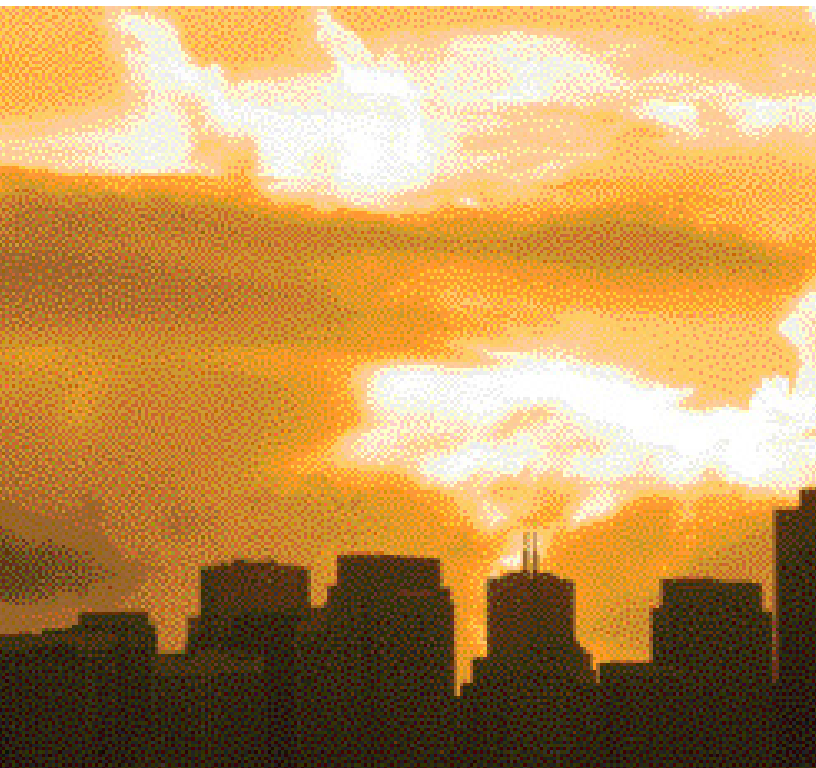
Sometimes during times of change it feels like nothing will stay the same, even though that isn't so. How do you feel when you slip? How do you feel when you fall?

Action

On a piece of paper, try to list what is changing and what is staying the same. What about you will change or stay the same? How does this feel? Can you think about how this change can help you grow as a person?

ENDINGS

3



Transitioning



ENDINGS

Mind

Body

Heart

Soul

“High up above or down below/When you’re too in love to let it go/If you never try you’ll never know/Just watch and learn”

Coldplay

Reflection

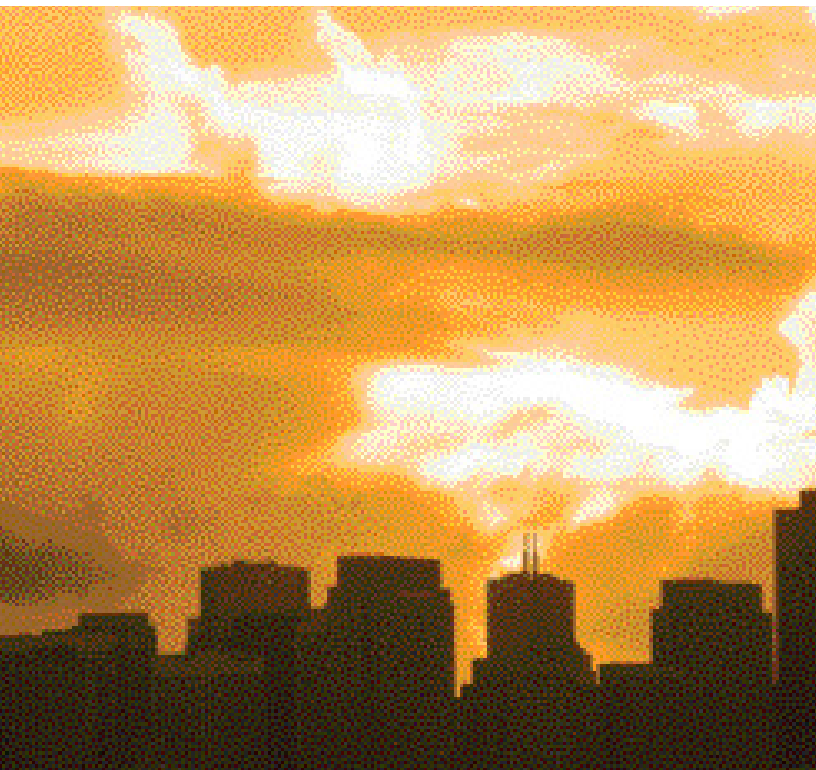
What reasons can you think of that make people stay in unhealthy relationships? Is it really love, fear of change, or is it something else?

Action

Think of a time when an important relationship ended or changed. Did it make you see yourself differently? In what ways?

ENDINGS

4



Transitioning



ENDINGS

Mind

Body

Heart

Soul

“Hope is the dream of a soul awake.”

French Proverb

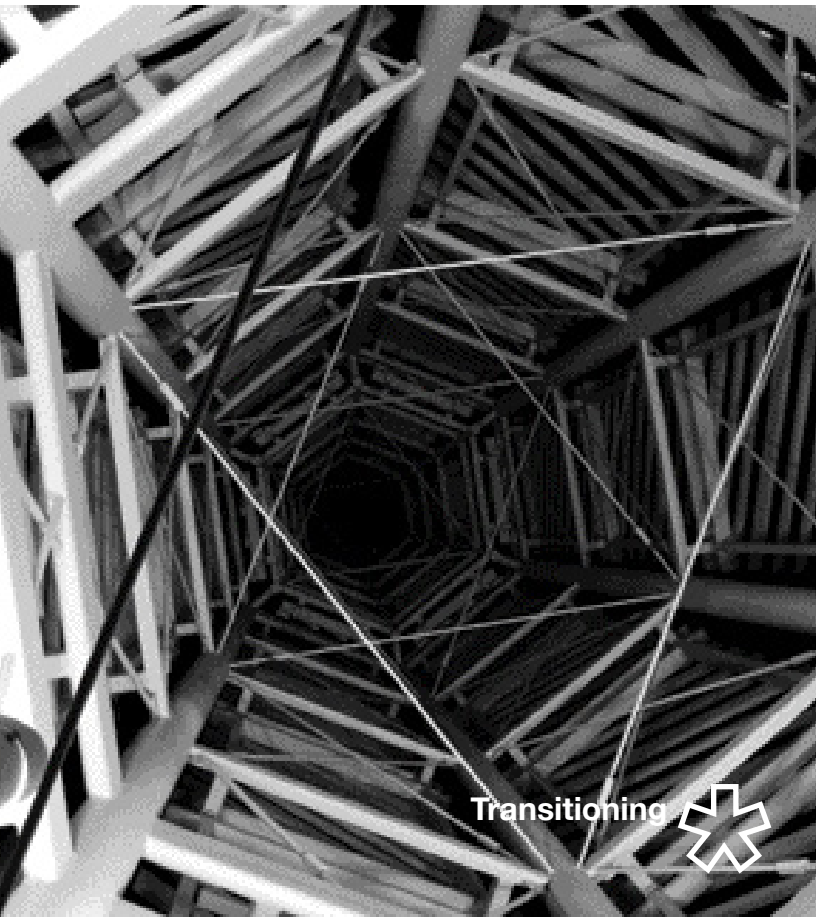
Reflection

When things come to an end, we can wake up to the possibilities we never dreamt of. Can you think of something that is making you hopeful, even if only a small bit?

Action

Write as many words as you can that begin with the letters in change, C.H.A.N.G.E. Do some of the words make you feel sad about what is ending? Do some make you feel hopeful?

UNCERTAINTY 5



Transitioning



UNCERTAINTY

Mind

Body

Heart

Soul

“Letting your mind play is the best way to solve problems.”

Bill Watterson

Reflection

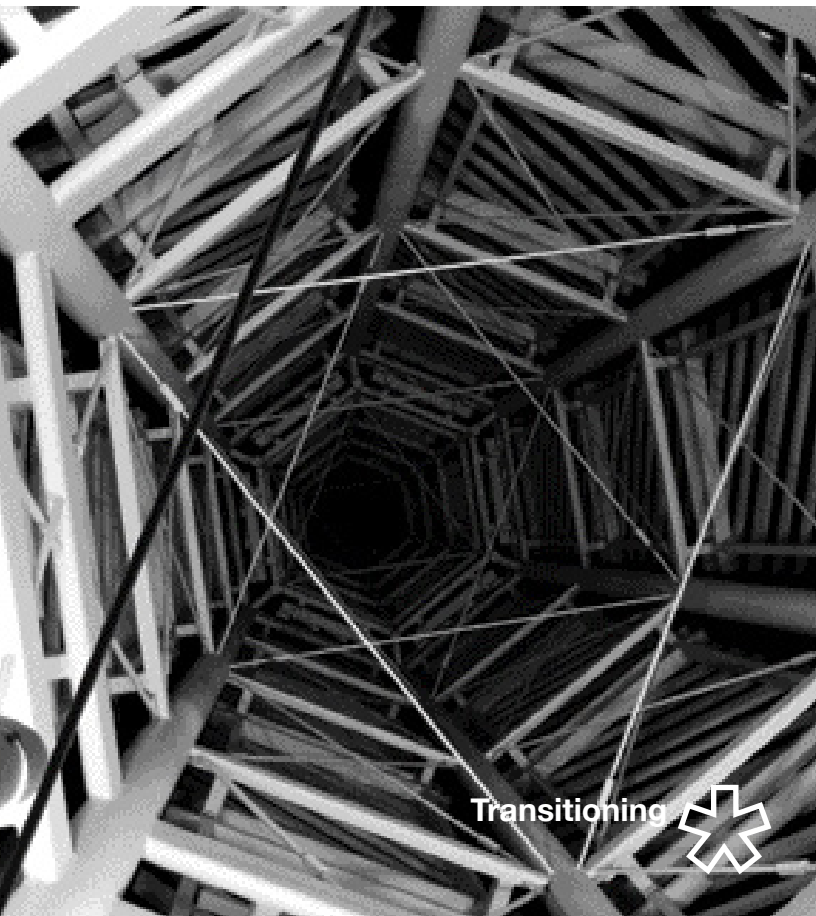
Sometimes playing means making up the rules as you go. Can you think of a problem to play with?

Action

Remember a time when you felt unsure of yourself and didn't know how to solve a problem. What helped you get through this time? Could the same thing help you today or in the future?

UNCERTAINTY

6



Transitioning



UNCERTAINTY

Mind

Body

Heart

Soul

“In the midst of movement and chaos, keep stillness inside of you.”

Deepak Chopra

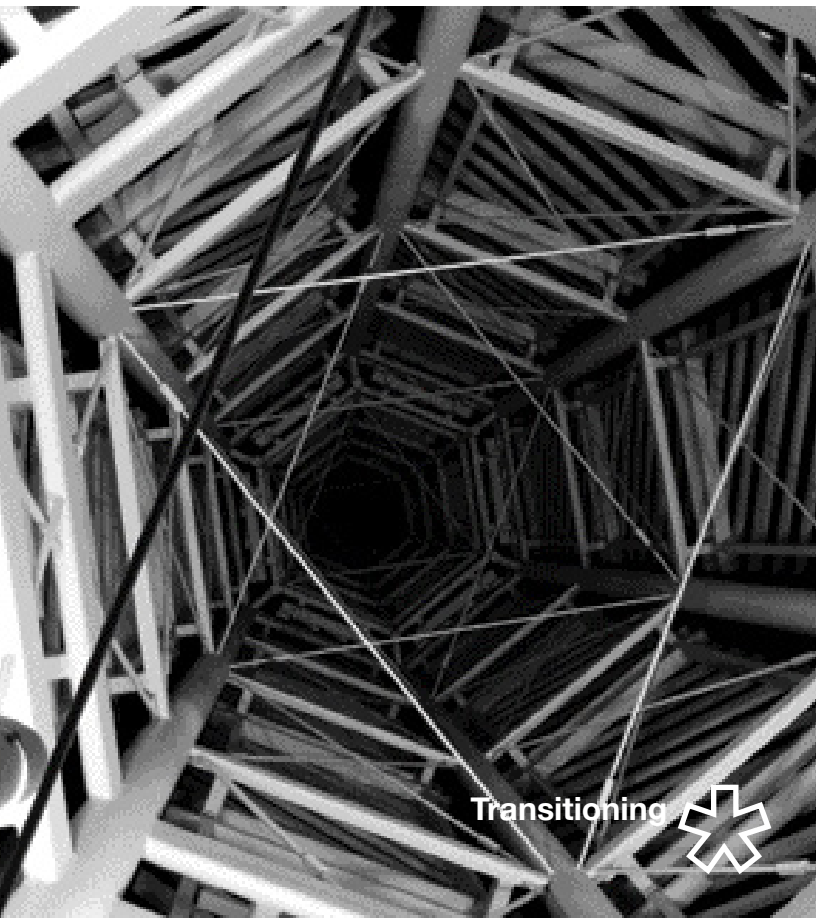
Reflection

What makes it hard to think clearly when things are changing around you?

Action

Take a moment to feel your heartbeat—notice if it seems calm or fast. The next time you feel your heart racing, what can you do to calm yourself?

UNCERTAINTY 7



Transitioning



UNCERTAINTY

Mind

Body

Heart

Soul

“Lose control of body and soul/Don’t move too fast, people, just take it slow/Don’t get ahead, just jump into it.”

Black Eyed Peas

Reflection

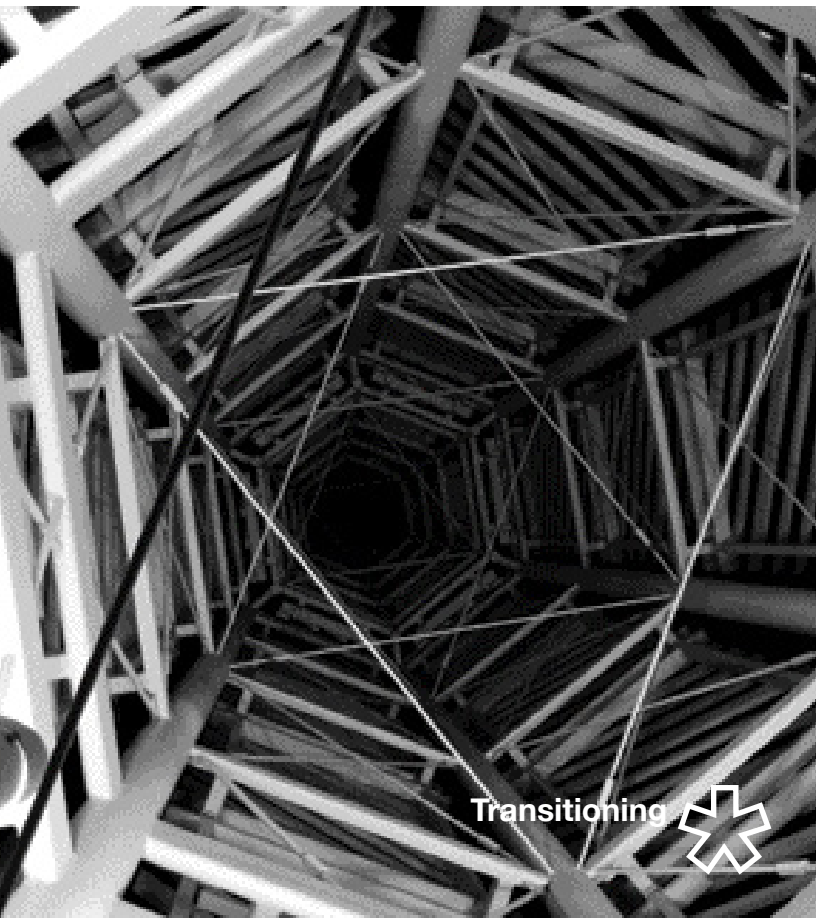
Think about how you usually learn something new. Do you think about the challenges at the beginning, or do you trust your feelings as you make your way through?

Action

It often helps to have people we trust give us support during times of change or stress. Can you think of people who have helped you in the past? What would they say to you now?

UNCERTAINTY

8



Transitioning



UNCERTAINTY

Mind

Body

Heart

Soul

“When there is no enemy within, the enemies outside cannot hurt you.”

African Proverb

Reflection

Sometimes when people are afraid, they move from one place to another or from one group of people to another. How does this affect them? Where is the fear coming from?


Action

Draw a picture of a person who is afraid. Now add what is scary to the picture. Is it inside or outside of the person? Are you sure?

BEGINNINGS

9



Transitioning 

BEGINNINGS

Mind

Body

Heart

Soul

“You have to know the past to understand the present.”

Carl Sagan

Reflection


Think about how you know what you know. What clues do you get from your body, thoughts, and feelings?

Action

Write down one thing that you know about yourself today. Did you know this a few months ago? Do you think it will remain true a few months from now?

BEGINNINGS 10



Transitioning 

BEGINNINGS

Mind

Body

Heart

Soul

“Laughter is the best medicine.”

Folk Saying

Reflection

Take a few minutes to see if you can find something about a difficult experience that makes you laugh or smile, even if only a little.

Action

What does it feel like to laugh or smile while knowing there is pain too? Does it change your feelings about the event in anyway, even if for only a moment?

BEGINNINGS

11

Transitioning



BEGINNINGS

Mind

Body

Heart

Soul

“If everyone cared and nobody cried/If everyone loved and nobody lied/If everyone shared and swallowed their pride/Then we’d see the day when nobody died.”

Nickelback

Reflection


Picture one of your close friends in your mind. What is it about that person that you like? What makes you close?

Action

Write or talk about any changes in how you make friends now as compared to when you were younger.

BEGINNINGS 12



Transitioning 

BEGINNINGS

Mind

Body

Heart

Soul

“Where one door shuts, another opens.”

Proverb

Reflection

Think about how a change in your life opened up new possibilities. Are there doors that are opening for you now that you did not see earlier?

Action

Look around the room. What are your eyes drawn to first? See if you can spend a few minutes noticing things about the room that you didn't notice before. What do you think stopped you from seeing these things before?

RENEWAL

13



Transitioning



RENEWAL

Mind

Body

Heart

Soul

“There is nothing like returning to a place that remains unchanged to find the ways in which you yourself have altered.”

Nelson Mandela

Reflection

Think of going back to an old neighborhood or an old school. Does that memory remind you of ways that you've changed?

Action

Write a short note or text message to your old self. Is there anything in particular you'd like to say?

RENEWAL

14



Transitioning



RENEWAL

Mind

Body

Heart

Soul

“Our bodies are apt to be our autobiographies.”

Frank Gellet Burgess

Reflection

What do you feel when you close your eyes and take a deep breath? Where do you feel this in your body? What do these feelings tell you about yourself and your past?

Action

Look at a stranger. Can you imagine his or her past from what you see? What story would you tell for that person?

RENEWAL

15



Transitioning



RENEWAL

Mind

Body

Heart

Soul

“Every change, life has thrown me, I’m thankful,
for every break in my heart, I’m grateful, for every
scar/Some pages turned, some bridges burned/
But there were lessons learned.”

Carrie Underwood

Reflection

Has time changed how your perspective? How do you think people “turn the page” when something difficult happens? How does this affect their relationships?

Action

Remember something that bothered you today. Write or talk about why this made you feel badly. Later today or tomorrow, check in with yourself to see how you feel about it. See if your feelings and perspective

RENEWAL

16



Transitioning



RENEWAL

Mind

Body

Heart

Soul

“Write injuries in sand, kindness in marble.”

French Proverb

Reflection

Do you think injuries can be washed away, like writing in the sand? How do you hold kindness close?

Action

Write a hurt in the sand, or with a piece of chalk on the sidewalk, or with a pencil on paper. Can you make it disappear? How do you feel when you can't see the writing anymore?