

William Bridges'
Thriving Through Transition



Endings
Dealing With Loss

Fearing the Unknown
Absorbing Shock
Placing Blame
Anger / Dark Days

Neutral Zone
Transitional Period

Anxiety / Confusion
Uncertainty
Planting seeds of hope
Sensing Possibilities



Beginnings
Setting New Goals

Integration / Clarity
Reinventing Yourself
Tools, Skills and Networks
in development



CENTER FOR
LIFE TRANSITIONS

Inspiring hope.
Embracing change.
Enriching lives.

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