

Managing Transitions

—*William Bridges*

<u>STAGE</u>	<u>TASKS</u>	<u>EMOTIONS & OUTCOMES</u>
ENDINGS	Dealing with loss—grieve; Accept what is.	Anger, blame, fear, shock, denial, self-deception
MIDDLES	Transitional period— looking back and ahead.	Anxiety, confusion, uncertainty, apathy, immobility
BEGINNINGS	Setting new goals— building hope and proceeding with care	Integration, reinventing yourself , new meaning, success, satisfaction, elation

