Navigating Change in Challenging Times

My Change Plan

Identified Change:

What phase or phases am I currently experiencing in William Bridge’s Transition Model?

How am I currently responding to the change? What are my stress responses?

What am I losing?

☐ Work, personal, or cultural identity
☐ Power/influence
☐ Relationships
☐ Meaningful work
☐ Competence
☐ Other: ______________________

☐ Status
☐ Control
☐ Memberships
☐ Routines/structures
☐ Work or personal future
☐ Other: ______________________

Adapted from William Bridges’ Loss Analysis

Are there ways I can compensate for my losses?

What is within my control and/or what can I influence?

What do I need to let go of?

These are current and/or possible supports:

These are the specific actions I will take to navigate this change: