



# TRANSITIONS

Sustaining Social Change

*there is no beginning without an end  
what is over? what isn't?  
what can I let go?*

## Before Beginning:

Tell the group that if you say “stop” (or ring a bell or use some other signal) they need to freeze in their tracks because you see a potential safety issue, such as a participant about to walk into another participant, which needs to be corrected before the group continues. Be sure to test the signal with the group.

## Facilitator Note:

The only way out of the maze is for a participant to raise their hand and ask for help. When they raise their hand, the facilitator goes to them and asks what they want or need. Whatever they say, you quietly tell them that they have found their way out and may take off their blindfold and observe.

Participants often feel unsure of where and how to move around while in the maze. Some may stand still, while others let go of the rope and wander. These behaviors may help participants connect transition experiences in which they felt or behaved similarly.

While participants are in the maze, look and listen for examples of working together, individual frustration, support between participants, individuals who let go and wander, the commentary that happens within the maze, the participant that refuses to raise their hand because they’re determined to find their way out, and any other things that strike you as notable to reference in the debrief.

## Reflecting on the Experience:

- What was it like for you to be blindfolded and have to solely rely on the rope to make your way through the maze?
- What was the way out of the maze?

## Facilitator Note:

It is inevitable that participants will say, “You came and said I was out,” etc. If possible lead, rather than tell, the group to understand that the only way out of the Neutral Zone was for them to raise their hand and ask for help. You might remind them of the directions that said, “if they were frustrated or confused they should raise their hand and someone would come and help them.”

## Applying the Lesson:

- Can you think of a life experience where you had to “feel” your way through?
- How might you relate your experience with this activity to the Transitions Framework?
- Are there feelings you had in this activity that might be similar to the experience in the “Neutral Zone”?
- Have you ever been in a situation where it was difficult for you to ask for help?