

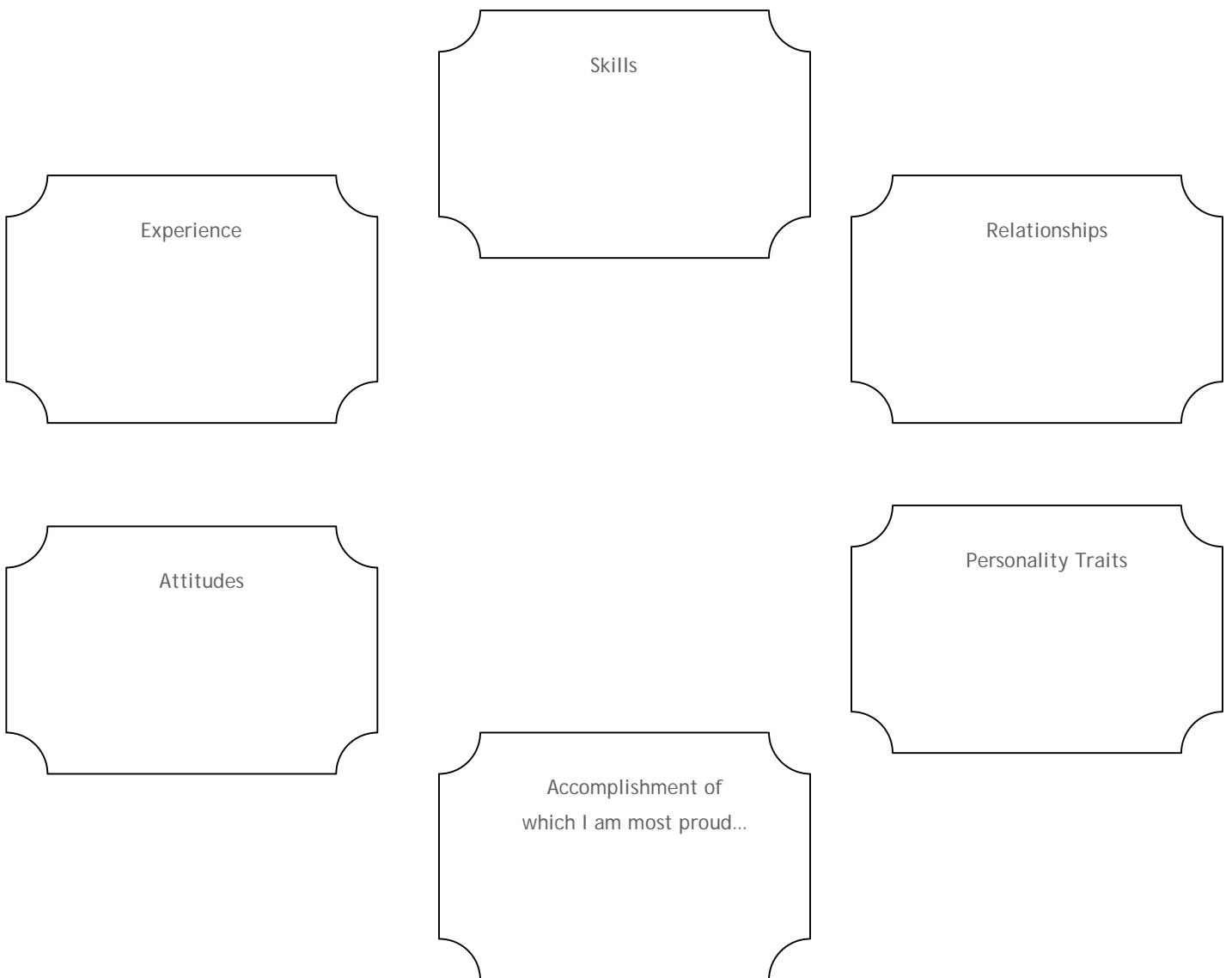
TRANSITIONS

Sustaining Social Change

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

Assessing Strengths

It is just as important to identify what to hold on to after a change as it is to decide what to let go. Even when a past situation or experience may have been negative overall, there may be strengths that you derived from it or positive things about you and your life that you'll want to sustain. For example, someone leaving an abusive relationship might recognize and hold on to her inner strength, deepening confidence, and supportive relationships. Take stock of your full range of strengths that will carry you through this transition.



Experience

Skills

Relationships

Attitudes

Personality Traits

Accomplishment of which I am most proud...