

TRANSITIONS

Sustaining Social Change

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

Circles of Support for the Neutral Zone

As with the Endings phase, the Neutral Zone is more manageable if you have a network of support than can bolster you when it feels like the rug has been pulled out from under you.

Scan all of your relationships and identify people who can support you and the specific help they can give. For example, you might look for someone who has faced a similar change to help you understand what you are going through.

You can also list people who will not be useful during this time because they will help keep you stuck in the past.

For example, one young woman who used a similar exercise in a Youth Communications Transitions seminar noted:

“With my future transition—changing schools—I figured out that my editor and social worker would be helpful but my family would not...I feel more in control of what is happening because I am choosing who I want to share in this transition with me. I feel a little less likely to fall to pieces because so many people are telling me so many things.”

