

TRANSITIONS

Sustaining Social Change

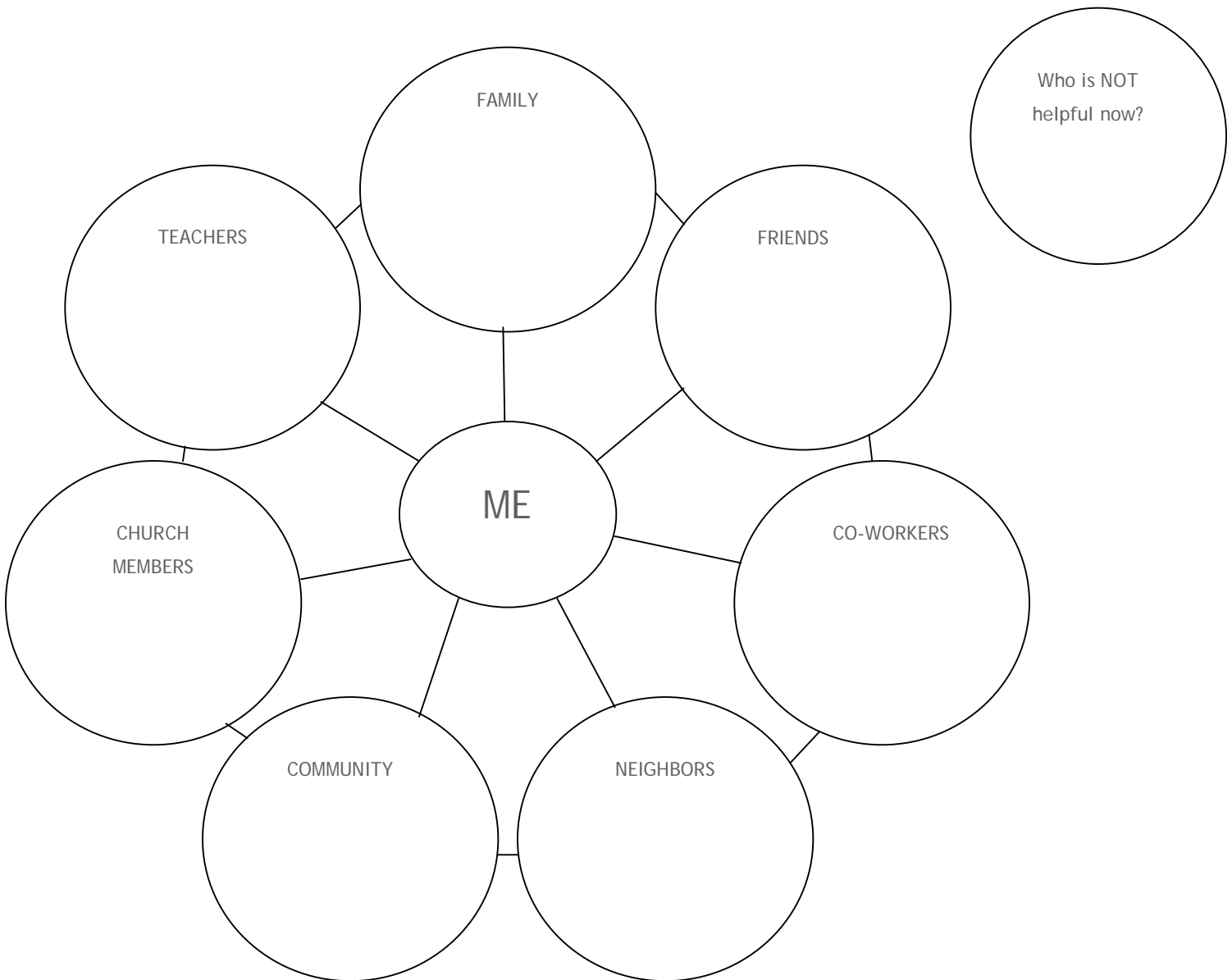
*there is no beginning without an end
what is over? what isn't?
what can I let go?*

Circles of Support

Endings can leave you feeling alone and not wanting to reach out to others. It is at this time, however, that you need people to support you most, as you deal with losses and emotionally prepare for the next phase.

Scan all of your relationships and identify people who can support you and the specific help they can give. For example, you might identify a friend who can listen to you when you need to grieve or vent or find someone who can help you gain closure on the past.

You can also list people who will not be useful during this time because they will help to keep you stuck in the past, such as someone with whom you will revert to behaviors that you are trying to shed or someone who does not embrace the change that you are making.



Adapted from Walking the Path, a Transition-enhanced curriculum for youth in foster care developed by Joan Morse at the Hunter College School of Social Work.