

TRANSITIONS

Sustaining Social Change

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

Learn Something New

To tap into the creativity of the Neutral Zone, cultivate a habit of experimenting. Take a class in cooking, computers, painting, or auto mechanics, for example. Read a book about some new area of interest. Meet with people who can share other work or life experiences. Take as many opportunities as you can to learn something different. The more exposure you have to new ideas and information, the higher likelihood that you will identify paths that can better suit you after the change.

To facilitate Neutral Zone exploration for young men in foster care at Berkshire Farm Center and Services for Youth, the staff matched youth with internship opportunities in their areas of interest. Young men interned at broadcasting studios, computer companies, and graphic design agencies. These hands-on experiences were based on youth interests, not the traditional jobs they had held. Through these internships, youth were able to test different paths, finding some offered new possibilities for their future and deciding others were no longer what they wanted.

Here are a few questions to trigger your Neutral Zone learning:

What have I always wanted to do, but have been too busy/too scared/too embarrassed/(insert any other reason) to do?

What have I always wanted to learn more about?

In another life, I would be a _____ (insert occupation). Why?