

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...*

OFFSETTING LOSSES – THE 4 R’S

Once you have identified the losses you face, the next step is to determine how to offset them. You have four possible responses: *replace* them, *redefine* them (or yourself), *reinvent* them (or yourself), or simply *relinquish* them and move on. These 4 R’s can help break the tug-of-war between holding on and letting go, which often makes endings so difficult.

Loss	Replace	Redefine	Reinvent	Relinquish