

# TRANSITIONS

Sustaining Social Change

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

## Relationship Check

After experiencing a transition, you might find that you have developed some new relationships that might be particularly helpful in sustaining a New Beginning -- people you met who were going through a similar change, co-workers or mentors in a career that you are pursuing, or new neighbors or community members that you reached out to for support.

Reflect on what kind of support you will need to reinforce your new identity. Scan all the relationships that have been helpful to you in the past and the new people that you have met. Identify specific ways in which each can serve you now.

	Who?	How can they help?
Family		
Friends		
Community		
Neighbors		
Teachers		
Church Members		
Co-Workers		
Other		

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.