

TRANSITIONS

Sustaining Social Change

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

Support Letters

Write a letter to people who can support you during Endings (See [Circles of Support](#) exercise). Identify how they have been helpful to you in the past and specify what kind of help you need now. Even if you do not send the letters, writing them can unlock emotions that you may be holding in at this time and make it easier to reach out for support.