

TRANSITION CHART

	Settled	Leaving	Transition	Entering	Re-settled
Status – how people respond to you	Belong Part of “in” group Well known Accepted	Separating Saying farewells Withdrawal / exclusion	All change No status No structure	Superficial fitting in Errors in response	Belong Getting involved Part of “in” group
Relationships - how you respond to others	Committed Responsible and responsive	Disengaging Loosen ties relinquish roles	Chaos Self-centred Must initiate contacts	Introductions Need to take risks Temporary relationships Exaggerated behaviour	Committed Responsible and responsive Concerned for others
How it feels	Feel at home Safe Secure	Denial Sadness Resentment Guilt	Anxiety Loose self esteem Isolation Self-centred	Vulnerable Uncertain Easily offended Fearful	Feel at home Safe Secure Growing confidence