

Navigating Change and Transition

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Bridges Transition Model

ENDINGS	NEUTRAL ZONE	BEGINNINGS
Disengagement	Emptiness	Inner Signals
Dismantling	Surrender	Identity of new self
Disidentification	Unshaped by purpose	Process
Disenchantment	New version of life	
Disorientation	Reorientation	
	Realignment	

Six Keys to Effectively Manage Your Change

1. Be aware of likely reactions and phases
 2. Plan; break things down into small steps
 3. Examine previous changes and transitions
 - ▶ What actions did you take that worked well?
 - ▶ What didn't?
 - ▶ What to avoid?
 4. Build a safe, open environment of support
 - ▶ Learn to experience, express and process feelings
 5. Environment
 - Not everyone you know is appropriate
 - Must accept you without judgment or agenda
 6. Occasionally take a time out
 - Take stock of where you are
 - Notice what you have accomplished
- Change is a constant - get the right attitude
- ▶ Feelings and obstacles can be an opportunity
 - ▶ Develop coping skills
 - Self soothing (nondestructive)
 - Communicating
 - Positive attitude
 - Healthy relationships
 - Physical activities



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