

The Prayer partner experience...what to do and how to be powerful

Intention: to manage the transition process(emotional)

“every ending is a loss, and grief is a normal response to loss.

Change and Transition process

- Change-what happens that causes transition
- Transition-what you experience(emotionally)...starts with endings

Endings

Letting go of old ways

Neutral

new possibilities

New Beginnings

embracing new way,
action plan

“ before you can begin something new, you have to end what used to be. So beginnings depend on endings.” P. 19, Bridges

---identify what’s going to change

---what must you let go of

---signs of grieving—anger, bargaining, anxiety, sadness, disorientation, depression

Support:

----spiritual practices/prayer partner/practitioner

---give information

---define what’s over and what’s isn’t

---mark endings

Managing Transitions, William Bridges

Finding Yourself in Transition, Robert Brumet

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