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CENTRE COLLEGE

Processing Life Transitions

Any big transition is a great opportunity to check in with yourself and process what has been important, what will be different, and how you want to bring some of your experience forward to the future. There are many ways to do this, and here are some prompts to process in writing this pivotal point in your life journey.

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MOURNING

What are the people, places, and spaces that you are going to miss? What are you losing as this period in your life ends? What are you going to miss the most from this unique time in your life? For each item...

Name the specific people, places, spaces, or events you are going to miss.

Describe how it feels to be giving them up, moving on, and/or losing the connections in the same way.

Enumerate the needs (why it mattered so much to you) that were met through the specific people, places, spaces, or events. If you need help naming feelings and needs/values, skip forward to find some lists to reference.



RECYCLING

**What are some things that you wish were different in your experience?
What are things you have learned, hope to remember, and want to hold
onto about life, people, doing relationships, connecting with people,
engaging, finding balance? For each...**

What have you learned about yourself and your personality and needs that you
want to really hold onto going into the next step?

Based on the above reflection, what do you want to do differently in your next
phase of life to more effectively get your needs met?



CELEBRATION

How did your choices help your needs get met during this last phase in your life? What are some choices you made around relationships or personal development that helped you live out your values? What are some of the payoffs of your hard work you would like to celebrate? What are some things you are celebrating being done with? Are there other people you want to share this celebration with? What accomplishments of others would you like to celebrate? For each item...

Specifically describe what was done personally or as a group.

Describe what it felt like to have done that (or to see another accomplish it).

Name the needs that were met as a result of these choices.

Create a phrase and naturalize it... "When (insert from a) was done I felt (insert from b) because my need for (insert c) was met."

Think of a way to share your celebrations with others.



GRATITUDE

What are some things you chose to do during this phase of your life you are really glad you did? What are some things others did for you during this time that you really want to hold onto and savor? For each item...

Describe the specific concrete thing you or the other person did.

How did it make you feel as a result of this?

What needs of yours were met through your choosing to do those things?

Create a phrase and naturalize it... "When (insert from a) was done I felt (insert from b) because my need for (insert c) was met."

Write a gratitude note to those you remembered above. Try to include concrete description of what they did or said, how it made you feel, and what need of yours were met. You can use one of the next pages to write this note.

JUST A NOTE...

JUST A NOTE...



Need help naming feelings and needs/values?

Universal Human Needs/Values

CONNECTION acceptance, affection, appreciation, belonging, cooperation, communication, closeness, community, companionship, compassion, consideration, consistency, empathy, inclusion, intimacy, love, mutuality, nurturing, respect/self-respect, safety, security, stability, support, to know and be known, to see and be seen, to understand and be understood, trust, warmth

PHYSICAL WELL-BEING air, food, movement/exercise, rest/sleep, sexual expression, safety, shelter, touch, water

HONESTY authenticity, integrity, presence

PLAY joy, humor

PEACE beauty, communion, ease, equality, harmony, inspiration, order

AUTONOMY choice, freedom, independence, space, spontaneity

MEANING awareness, celebration of life, challenge, clarity, competence, consciousness, contribution, creativity, discovery, efficacy, effectiveness, growth, hope, learning, mourning, participation, purpose, self-expression, stimulation, to matter, understanding

Need help naming feelings and needs/values?

Feelings when your needs are satisfied

AFFECTIONATE compassionate, friendly, loving, open hearted, sympathetic, tender, warm

ENGAGED absorbed, alert, curious, engrossed, enchanted, entranced, fascinated, interested, intrigued, involved, spellbound, stimulated

HOPEFUL expectant, encouraged, optimistic

CONFIDENT empowered, open, proud, safe, secure

EXCITED amazed, animated, ardent, aroused, astonished, dazzled, eager, energetic, enthusiastic, giddy, invigorated, lively, passionate, surprised, vibrant

GRATEFUL appreciative, moved, thankful, touched

INSPIRED amazed, awed, wonder

JOYFUL amused, delighted, glad, happy, jubilant, pleased, tickled

EXHILARATED blissful, ecstatic, elated, enthralled, exuberant, radiant, rapturous, thrilled

PEACEFUL calm, clear headed, comfortable, centered, content, equanimous, fulfilled, mellow, quiet, relaxed, relieved, satisfied, serene, still, tranquil, trusting

REFRESHED enlivened, rejuvenated, renewed, rested, restored, revived

Need help naming feelings and needs/values?

Feelings when your needs are not satisfied

AFRAID apprehensive, dread, foreboding, frightened, mistrustful, panicked, petrified, scared, suspicious, terrified, wary, worried

ANNOYED aggravated, dismayed, disgruntled, displeased, exasperated, frustrated, impatient, irritated, irked

ANGRY enraged, furious, incensed, indignant, irate, livid, outraged, resentful

AVERSION animosity, appalled, contempt, disgusted, dislike, hate, horrified, hostile, repulsed

CONFUSED ambivalent, baffled, bewildered, dazed, hesitant, lost, mystified, perplexed, puzzled, torn

DISCONNECTED alienated, aloof, apathetic, bored, cold, detached, distant, distracted, indifferent, numb, removed, uninterested, withdrawn

DISQUIET agitated, alarmed, discombobulated, disconcerted, disturbed, perturbed, rattled, restless, shocked, startled, surprised, troubled, turbulent, turmoil, uncomfortable, uneasy, unnerved, unsettled, upset

EMBARRASSED ashamed, chagrined, flustered, guilty, mortified, self-conscious

FATIGUE beat, burnt out, depleted, exhausted, lethargic, listless, sleepy, tired, weary, worn out

PAIN agony, anguished, bereaved, devastated, grief, heartbroken, hurt, lonely, miserable, regretful, remorseful

SAD depressed, dejected, despair, despondent, disappointed, discouraged, disheartened, forlorn, gloomy, heavy hearted, hopeless, melancholy, unhappy, wretched

TENSE anxious, cranky, distressed, distraught, edgy, fidgety, frazzled, irritable, jittery, nervous, overwhelmed, restless, stressed out

VULNERABLE fragile, guarded, helpless, insecure, leery, reserved, sensitive, shaky

YEARNING envious, jealous, longing, nostalgic, pining, wistful



