

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 |