



## **Charting Unknown Territory – Tools for Coping with Change**

*This resource was created to help you as you participate in our online event. We encourage you to use these questions as an opportunity to reflect on how these themes may apply to your own life.*

1. How have you observed the difference between a change and a transition in your life? What signals to you that you are making a transition?
2. How would you describe your natural attitude toward change? How do you think this impacts your response to changes that arise?
3. What are some of your familiar habits or behaviors that happen when you are undergoing transition?
4. What mental traps do you fall into when experiencing a transition?
5. What is a transition that you have made in the past effectively, even if it was very difficult?
6. What's one source of support you can utilize during a current or upcoming transition?

