

Journal Prompts

Module 5: Change



Using the Schlossberg model of change (below), think about a change that's happening in your life now.

Make some notes about which stage of the change curve you think you are in today and why. Write down any behaviours you are noticing, what self-talk you're using, whether you feel optimistic or pessimistic.

Now identify what strategies you will use to cope with this transition and answer the following questions:

- Do you need to learn new skills or strategies to help with this transition?
- Can you modify and/or change the transition to work for you?
- How will you manage the stress of the transition?

