

FIND A Less Disruptive Path Through Life Change

Are you going through, or do you expect to go through a major life disruption such as moving, divorce, birth of a child, loss of a loved one, or a major illness? This worksheet can help you minimize the impact, transforming overwhelming life change into a more manageable struggle.

F Find an anchor to stabilize yourself amidst a life change. This anchor should be a person, place, or activity that feels familiar, reliable, comfortable, accessible, and generally safe.

Who can you see, what can you do, or where can you go that won't solve all your problems, but will help you avoid or pull back from crisis? Arrange to use this anchor now or as soon as possible.

I Identify needs that are no longer being met due to life change. If you're not sure, think about what's making you sad, angry, frustrated, or nostalgic since the change.

List the needs you can think of, even if you're not sure how to meet them.

N Negotiate between your unmet needs and current circumstances. How can you meet a need created by life change? Or, how can you adapt an old way of meeting a longstanding need, to your new context and what's possible now?

D Decide if extra support could help you stay stable and meet your needs. Chances are, the answer is yes. Who can you turn to, and what kind of support would feel helpful?