



CHANGE

NOT ABOUT THE
PAST

SITUATIONAL



EXTERNAL



MACRO

COGNITIVE

CHANGE

BROAD



LACKING IN
DETAIL

ABOUT
BEGINNINGS

NOT EMOTIONAL



ABOUT
ENDINGS



MICRO



EMOTIONAL

INDIVIDUAL



UNIQUE

TRANSITION

PSYCHOLOGICAL



INTERNAL

LETTING GO
OF THE PAST



SPECIFIC

William Bridges
3 Stages of Transition

Endings

Neutral

New Beginnings

Endings Stage

Grief

Sadness

Loss

Heaviness

Disappointment

Self-Abandonment

Attachment to Old

Unauthentic

Not all or Nothing

Resistance

Neutral Stage

Chaotic

Oscillating

Back & forth

Experimentation

Creative

Releasing

Anxious

Less validation for the new

Vulnerable

Looking for acceptance



A sunset scene with a bright sun low on the horizon, casting long, golden rays across a dark mountain range. The sky is a mix of orange, yellow, and dark blue.

New

Beginnings

Habits that work

Finding the new flow/groove

Receiving validation

Clarity and clear path

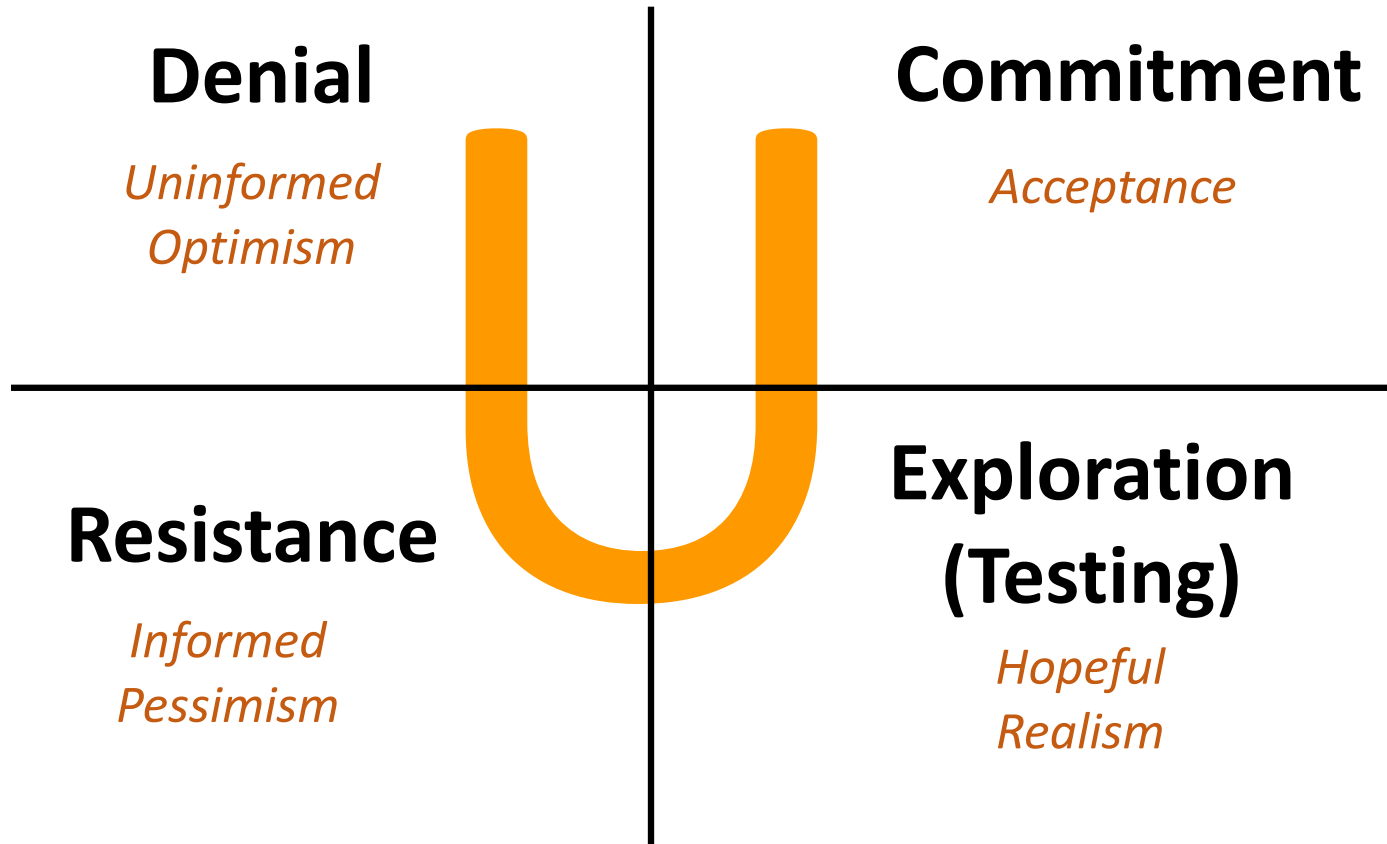
Making plans & processes

Feeling grounded

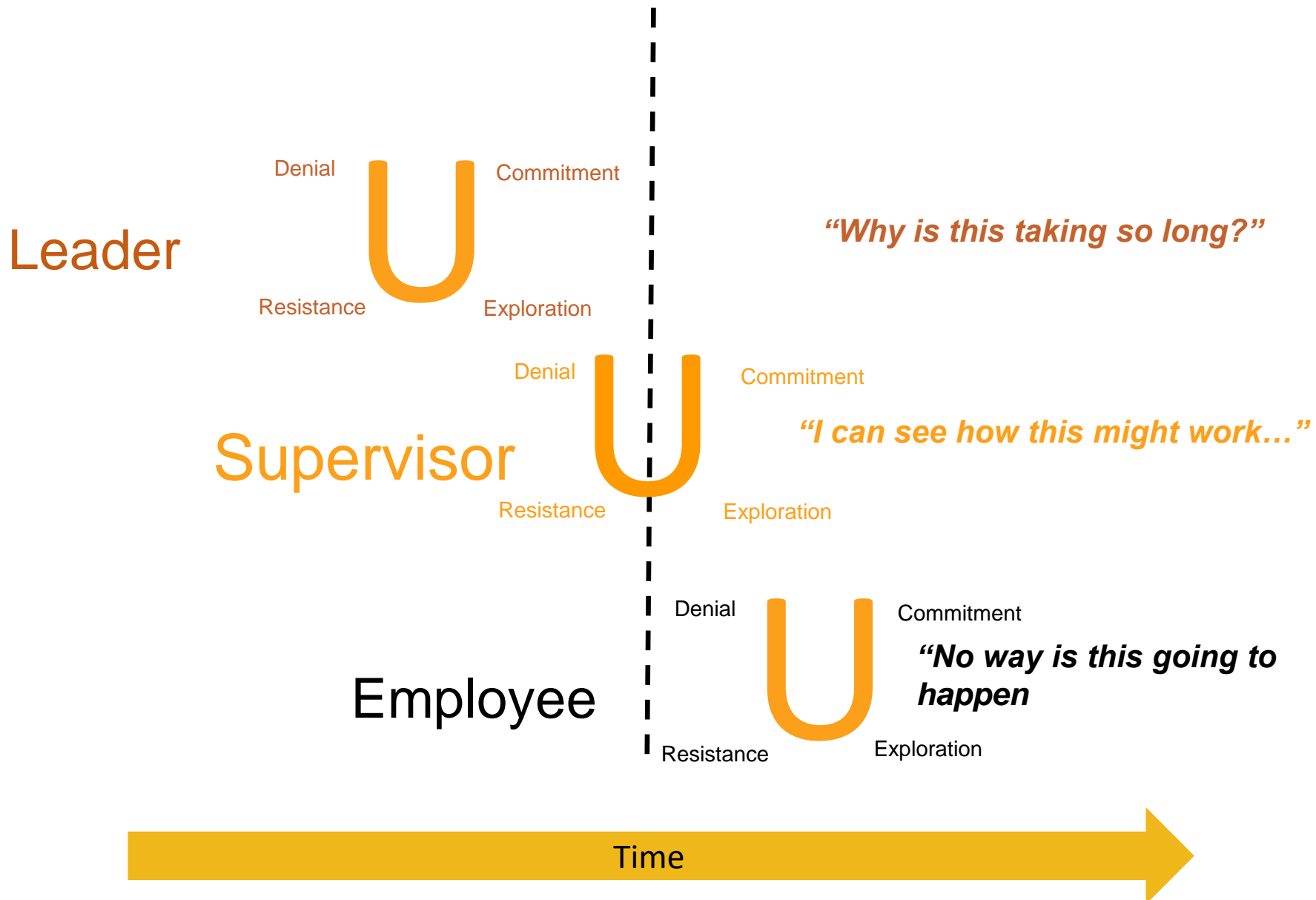
Hopeful and optimistic

Understanding

Change Curve



Different Curve Misalignment Over Time





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