

THE TRANSITION EXPERIENCE



Coping with change in COVID-19

	INVOLVEMENT	LEAVING	TRANSITION	ENTERING	REINVOLVEMENT
IIPS	Commited	Distancing	(i) Chaos	Superficial	Committed
RELATIONSHIPS	· Responsive	Loosen tiesRelinquish rolesDisengage	 Must initiate relationship Isolation Self-centred Exaggerated problems 	 Observer Uncertain of trust Risk-taking Exaggerated behaviour 	Belonging Involved Concern for others
S	Belonging	Celebration	Statusless	Introducing	Belonging
EMOTIONS	Part of group Reputation Position Knowing	AttentionRecognitionFarewellsClosures	Unknown Lack of structure Special knowledge Without use	 Marginal Search for mentor Uncertain Errors in response 	KnownKnowingPosition
SUS	Confident	Denial	Anxiety	Vulnerable	Confident
SOCIAL STATUS	Confirmed Secured	 Rejection Resentment Sadness Guilt Anticipation 	 Grief from loss Emotional instability Dreams Disappointment Panic 	 Fearful Ambivalent Easily offended Depressed 	Secure Affirmed
	Present	Future Temporary	Future	Present Temporary	Present Permanent