


















THE TRANSITION EXPERIENCE

Coping with change in COVID-19



	INVOLVEMENT	LEAVING	TRANSITION	ENTERING	REINVOLVEMENT
RELATIONSHIPS	 <p>Committed</p> <ul style="list-style-type: none"> • Responsive 	 <p>Distancing</p> <ul style="list-style-type: none"> • Loosen ties • Relinquish roles • Disengage 	 <p>Chaos</p> <ul style="list-style-type: none"> • Must initiate relationship • Isolation • Self-centred • Exaggerated problems 	 <p>Superficial</p> <ul style="list-style-type: none"> • Observer • Uncertain of trust • Risk-taking • Exaggerated behaviour 	 <p>Committed</p> <ul style="list-style-type: none"> • Belonging • Involved • Concern for others
EMOTIONS	 <p>Belonging</p> <ul style="list-style-type: none"> • Part of group • Reputation • Position • Knowing 	 <p>Celebration</p> <ul style="list-style-type: none"> • Attention • Recognition • Farewells • Closures 	 <p>Statusless</p> <ul style="list-style-type: none"> • Unknown • Lack of structure • Special knowledge • Without use 	 <p>Introducing</p> <ul style="list-style-type: none"> • Marginal • Search for mentor • Uncertain • Errors in response 	 <p>Belonging</p> <ul style="list-style-type: none"> • Known • Knowing • Position
SOCIAL STATUS	 <p>Confident</p> <ul style="list-style-type: none"> • Confirmed • Secured 	 <p>Denial</p> <ul style="list-style-type: none"> • Rejection • Resentment • Sadness • Guilt • Anticipation 	 <p>Anxiety</p> <ul style="list-style-type: none"> • Grief from loss • Emotional instability • Dreams • Disappointment • Panic 	 <p>Vulnerable</p> <ul style="list-style-type: none"> • Fearful • Ambivalent • Easily offended • Depressed 	 <p>Confident</p> <ul style="list-style-type: none"> • Secure • Affirmed
	<i>Present</i>	<i>Future Temporary</i>	<i>Future</i>	<i>Present Temporary</i>	<i>Present Permanent</i>

'Crossing Cultures - How to manage the stress of re-entry',
Margaret Burt & Peter Farthing, The Salvation Army, Australia Eastern Territory, 1996
Original table by David Pollock (Interaction Inc)

'God changes times and seasons;
God deposes kings and raises up others.
God gives wisdom to the wise and knowledge to the discerning.' - Daniel 2:21