

T R A N S I T I O N S

Endings and Beginnings

Transitions are always a time of some sorrow mixed with anticipation – some times of loss, as well as looking forward to opportunities ahead. Transitions are times of heightened uncertainty. It's always helpful to talk about transitions with those we trust who will simply listen to us.

(Partners do the exercise separately and then come together and dialogue.)

1. Something I will miss and something I think you will miss (or maybe grieve over) that each of us has experienced in this part of our life's journey.
2. Something I will celebrate and something I think you will celebrate that happened in this time period.
3. Something I will remember that we did together as a couple.
4. Something I look forward to for me, for you, and for us in our “new beginning,” as we continue our journey together.