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The Business School  
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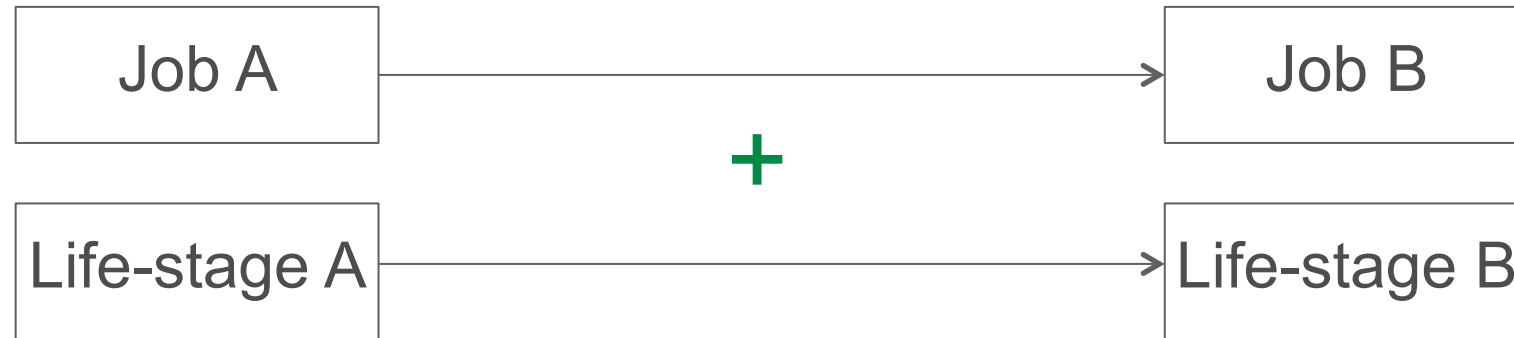
# Managing Life Transitions

Understand the world. Expand your world.

*We all want this, to be touched directly by life itself. So a crisis that thrusts us into the middle of things with no plan for escape allows us a chance to figure out what is really important.*

(Butler, T. 2007. Getting Unstuck)

# What are we transitioning from and to?



On the surface this may seem linear and straightforward, but...

- Rarely linear – often multiple B-plans, and spaces in-between A and B that we need to negotiate
- Can have a deeper significance to our Self than merely a “life choice”

# Significance of transitions: questioning and changing our “life script”

**Life Script:** A personal life plan that a person *decides* upon at an early age in reaction to his/her interpretation of internal and external events.

Life scripts give **meaning** to the external and the internal world.

Moments of **stuckness / transition** can be harnessed as useful opportunities to question our Script.

Berne, E. What do you say after you say hello? New York: Grove Press, 1971.

# The process of individuation

**Individuation:** The process of becoming a unique individual through discovering and aligning with one's "True Self" and questioning and altering life script expectations built in early life.

Von Franz, 1964. The process of individuation. In Jung, Man and his symbols.

# The transition process



- **Holding Environment:** safe enough space to reflect, experiment and revisit identity and life scripts.

## Adaptive Transitions

- Experimentation
- “Try out” possible Selves
- Seek feedback & validation from others
- Continually adapting Self and Goals

## Exploratory Transitions

- Reflection
- Starting point = who am I?
- Finding possible selves that fit
- Using others for assisted self-reflection

Petriglieri & Petriglieri, 2011

## Some Useful References - I

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