

Every Transition has Two Questions

By Shasta Nelson

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If you're one of my clients then you have probably heard me say this several times already... but it bears repeating this time of year as everyone is looking forward to the year ahead! :)

Every transition always asks two questions:

- 1) What are you transitioning FROM?
- 2) What are you transitioning TO?

Most of us tend to focus on one at the expense of the other. If we're excited about the upcoming change we'd rather not dwell on what we're leaving behind. Or if we feel pain regarding the transition then it's our temptation to focus on what we're losing more than being able to see a future.

Examples:

- Brides often focus more on the upcoming marriage than on the loss of single life.
- Soon-to-be retirees work so hard for the "preferred future" but forget to process and give honor to what they are retiring from.
- Those who feel little control over a relationship loss tend to focus on what they are losing and can't see ever being happy in the future.
- Someone who was fired sees clearly what they are leaving behind but might feel fear as to how to find a new future.

Focusing on one more than the other is common... we all do it based on our temperaments, feelings toward the change and life experiences... but we are ALWAYS best served by giving thoughtful attention to both questions.

This New Year-- what is your temptation? Are you anticipating big events in 2008 that have you looking forward so much that you might risk not celebrating, processing or giving honor to what you're leaving behind? Or are you more comfortable with what has been that you feel uncertain about what might be?

Every transition has a FROM and a TO. And every FROM has things to grieve/let go of and things to celebrate. Just as every TO has things to grieve and things to celebrate. This New Year, instead of just randomly making goals-- I encourage you to give honor to what you're leaving from 2007 and to what you're entering into in 2008.