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How to successfully navigate **Life Transitions?**

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Life Transitions

‘Transitions are events that cause fundamental and enduring changes to the fabric of daily life’.

Transitions in life can typically be categorized into two types:

- Culturally accepted changes, such as getting married, having children, or getting a promotion.
- Out-of-the-ordinary transitions, like forced migration, job loss, or financial setbacks.

Source: [Hareven and Masoka, 1988](#); [Shum, 1998](#); [Brown et al., 2012, 2016](#); [Brown, 2016, 2021](#) /Norman Brown, Lingzi Chi, 2021

Stages of Life Transitions

- **Ending:** This stage involves acknowledging and letting go of the old situation or identity. It often brings feelings of loss and uncertainty.
- **Neutral Zone:** In this phase, individuals experience a period of confusion and ambiguity as they are no longer in the old situation but have not yet fully adapted to the new one. It's a time of self-reflection and reorientation.
- **New Beginning:** The final stage is about embracing the new situation or identity. It involves making a commitment to move forward with a clearer sense of purpose and identity.

Source: Transitions: Making Sense of Life's Changes. by William Bridge Summary

Difficult Life Transitions

Life transitions are challenging because they compel us to relinquish the familiar and confront the future with a sense of vulnerability.

Most life transitions commence with a series of losses:

1. The loss of a role
2. The loss of a person
3. The loss of a place
4. The loss of one's sense of belonging in the world

Any significant loss tends to evoke anxiety in most individuals, as the next step is unclear, and there is a fear of the unknown.

Source: Managing Difficult Life Transitions by [Richard B. Joelson](#),..

Navigating Life Transitions

- Recognize and name your emotions, whether it's anxiety, low self-esteem, embarrassment, sadness, excitement, or anger.
- Embrace your emotions and the reality of your situation.
- Whenever negative feelings arise, try to replace them with more positive or neutral words and emotions.
- Don't hesitate to seek professional assistance if you're finding it challenging to cope with the transition.
- Lean on your support network of friends and family; they can provide valuable emotional support.
- Prioritize self-care practices to maintain your physical and mental well-being.
- Take small, manageable steps toward your future goals.
- Understand that transitioning takes time, and it's okay to progress at your own pace.
- Read and observe how individuals in similar situations have managed and adapted.
- Focus on being grateful for both the present and the potential opportunities in your future.

Life transitions generally result from a loss, and it has been observed that individuals who can successfully achieve closure tend to move forward more successfully.

We offer highly personalized transformation coaching if you need help with your critical life transitions. Feel free to reach out to www.farihas.com

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**What are your top tips for
managing life transitions?**

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