Theresa Babbs-Durrant

MENTAL HEALTH COACH & THERAPIST

# The Transition Compass

A short worksheet for the in-between stage of change

**Before you begin**

This worksheet is for anyone going through a change: a new job, an ending, a move, a loss, a new role, a new year. It is inspired by William Bridges' model of transitions, which describes an ending, an in-between “neutral zone” and a new beginning.  It is a reflective exercise only. It can't tell you what to decide, and feeling unsettled during change is not a sign that something is wrong.

This resource is for personal reflection and general information only. It is not a diagnostic tool, a clinical assessment or a substitute for professional advice, diagnosis or treatment, and it cannot tell you whether you have a mental health condition. Your answers stay with you. They are not collected or reviewed by me. This resource is for adults (18+).

## Step 1: What's changing?

**The change I'm in the middle of:**

**When it began, and what it has meant so far:**

## Step 2: The ending

Every change involves something ending, even a welcome one. Giving the ending some attention can make the rest easier.

**What am I leaving behind?**

**What am I grateful for from this chapter?**

**What am I grieving, or sad about?**

**What am I relieved about?**

**A small way I could mark this ending (a walk, a letter, a conversation, a quiet evening):**

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## Step 3: The in-between

The neutral zone can feel disorienting, anxious, flat, or occasionally creative. It tends not to run to schedule, and it isn't a sign that you're doing it wrong.

**How the in-between feels for me (tick any):**

- ☐ Unsettled
- ☐ Restless
- ☐ Flat
- ☐ Anxious
- ☐ Hopeful
- ☐ Tired
- ☐ Curious
- ☐ Lost

**What I can steady while everything else moves:**

- ☐ Sleep
- ☐ Movement
- ☐ A trusted person
- ☐ Daily routine
- ☐ Time outdoors
- ☐ Meals
- ☐ Something creative
- ☐ Time alone

| Within my control right now | Not within my control right now |
| --- | --- |
| | |
| | |
| | |

**Decisions I don't need to make yet:**

## Step 4: What's emerging

**Circle or tick the values that matter most to you (choose up to five).**

- ☐ Honesty
- ☐ Connection
- ☐ Creativity
- ☐ Security
- ☐ Freedom
- ☐ Learning
- ☐ Kindness
- ☐ Adventure
- ☐ Service
- ☐ Health
- ☐ Family
- ☐ Curiosity

**What parts of me were always here, whatever my role?**

**Two small experiments I could try over the next fortnight:**

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## Step 5: My support map

| Who | How they help |
|---|---|
| | |
| | |
| | |
| | |

## Step 6: My compass

Bring it together in one place.

**What I'm leaving behind**

**What I'm in the middle of**

**What I'm moving towards**

**What steadies me**

## If you need support now

- In an emergency, or if you feel you can't keep yourself safe: call 999.
- Samaritans (free, 24 hours): 116 123.
- Shout (free text support, 24 hours): text SHOUT to 85258.
- Northern Ireland: Lifeline (free, 24 hours): 0808 808 8000.
- If a relationship feels unsafe: National Domestic Abuse Helpline (England) 0808 2000 247, 24 hours. Domestic and Sexual Abuse Helpline (Northern Ireland) 0808 802 1414, 24 hours. In Scotland and Wales, please search for your national domestic abuse helpline.

Worried about your health? Speak to your GP. Out of hours, call NHS 111 in England, Scotland or Wales. In Northern Ireland, your GP surgery will direct you to the out-of-hours service.

## If you'd like to talk it through

If something here resonated and you'd like help making sense of it, I'd be glad to hear from you. You are welcome to book a free, no-obligation consultation. There's no pressure to, and nothing in this resource needs to be shared with me.

Providing Counselling Services in Windermere, and online across the UK

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