

# IMPLICATIONS OF LIFE TRANSITIONS

All of us – no matter where we live, our culture or heritage, or the amount of money we make – go through transitions in our lives. Some of these transitions are exhilarating, such as getting married, birthing or adopting a child, buying a house, becoming a grandparent, and retiring. Others can feel overwhelming and are filled with deep sadness and grief, such as an unexpected change in our health or the health of someone we love, the loss of a job, or the loss of a spouse, partner, child, or friend.

Whether the transition you are experiencing is expected or unexpected, there are typically four implications:



**PRACTICAL**



**EMOTIONAL**



**FAMILY**



**FINANCIAL / LEGAL**

The tool on the accompanying page gives you the opportunity to look at a life transition you are experiencing and consider things to **Think About, Talk About or Take Action On.**

“  
Life changes - whether joyful or sad - impact us on multiple levels. The key to moving through a change with the least amount of stress, and with no regrets, is having the willingness to look deeper.”

Amy S. D'Aprix, MSW, PhD, CPCA

# IMPLICATIONS OF LIFE TRANSITIONS

What Life Transition am I currently experiencing? \_\_\_\_\_

List the Practical Implications to Think About, Talk About, Take Action On



## PRACTICAL

What are the practical aspects of your life that are being impacted by this transition? In other words, what are the tangible things that need to get done or accomplished and when do you need to do it?

For example, if you're in-between employment, you may need to create or update a resume.

If you're selling your house, you might need to create a list of repair items.

If you're providing care, you may want to hire someone to help you or the care recipient.

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What Life Transition am I currently experiencing? \_\_\_\_\_

List the Emotional Implications to Think About, Talk About, Take Action On



## EMOTIONAL

Understanding the emotions you are experiencing during a life transition can be very helpful in reducing your stress level, communicating more clearly, and moving through the emotions more quickly. This may help you to 'respond to' versus 'react to' whatever is happening.

List the emotions you are experiencing.

Is there any action you need to take to help you better manage the challenging emotions?

Is there someone you need to talk to about your emotions?

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List the Family Implications to Think About, Talk About, Take Action On



## FAMILY

How is the transition you're currently experiencing impacting your relationships with your family and friends?

Are there things you need to do or say to address any current or potential conflict?

# IMPLICATIONS OF LIFE TRANSITIONS

What Life Transition am I currently experiencing? \_\_\_\_\_

List the Financial/Legal Implications to Think About, Talk About, Take Action On



## FINANCIAL / LEGAL

One of the most important aspects of moving through a life transition is to protect yourself and family both financially and legally.

List any potential financial and/or legal questions that may have come up as you've worked through this tool.

Then make an appointment with your advisor or attorney to discuss.