**Worksheet # 2 -** Transitioning through Change





**Emotions**

**Emotions**

In the process of transitioning through change, you must to let go of how things used to be and go through a time of uncertainty and confusion in order to arrive at a place where there’s a new beginning. To let go of the old and to enter a time of uncertainty can be difficult, but this time in the “Neutral Zone” is the necessary bridge you must go across in order to arrive at a new beginning.

 **Notes:**

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**Three Phases to Transitioning through Change**

**PHASE #1:**

**PHASE #2:**

***Four reasons “The Neutral Zone” feels terrifying:***

1.
2.
3.

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***Four reasons “The Neutral Zone” feels exciting:***

1.
2.
3.

**Remember:**

Going through the “The Neutral Zone” takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**PHASE #3:**