

Your 3-Step Guide to Embracing Change

A TOOL TO SUPPORT YOUR SEASON OF TRANSITION

Transformational Life Coaching by BaraCo

BARACO.ORG

About

THIS GUIDE

This guide was designed to help you honor change: to move on from what was and into what is (or what will be). When we don't do that we can get stuck, and the impact can spill over into the rest of our lives.

It's great to use any time you go through a significant change or notice that you "get a little weird" after a seemingly insignificant change. Whether you've gone through a massive career change, are supporting a loved one during their big transition, or have simply released some limiting beliefs, this is the workbook for you.

I initially wanted to call it a transition workbook. "Transition" sounds significant, doesn't it? It makes sense that we should take time to process transitions in our lives.

The thing is though, most of us tend not to recognize our "little" transitions. Especially when we are trading up for something better. If we move into a better neighborhood, or enter a loving relationship, we might not take time to honor what we lost because well, why should we have to? We have something even better now! And life is full of change! It shouldn't be a big deal.

Change is a huge deal though. Change, no matter how small, involves loss. Not only do we lose the thing we had before we traded it out for something new, we also lose the person we were during that old stage of life. That version of us dies. This can come as quite a shock, especially if that old version of us existed for quite a while.

For many of us, naming our change as a transition can give it more weight. It can help us see its significance. Give it a try. It can't hurt!

WHEN TO USE THIS GUIDE

Here's a small, non-exhaustive list of transitions that are likely worth honoring:

- Career changes (including companies, positions, and layoffs)
- Moves (including from one apartment to another)
- Relationship status changes (including getting into a good relationship)
- A change in health status or a new medical diagnosis
- Lifestyle changes
- Sobriety status changes
- Home/family changes, including roommate changes
- Gender, sexual identity, or any other identity shifts
- Name changes (including last names)
- Friendship changes
- When someone close to us goes through any of the above

What qualifies as a significant change is up to you. Actually, it's *up to your subconscious*. If you start acting weird or your mood changes after something in your life changes, there's a good chance that it was significant to you. Even if you traded up. Name it as a transition and give this exercise a try.

I'm going to reference moving for my examples throughout this guide because it's something we all have in common; whether or not we've moved we know someone who has.

Before you get started, I want to acknowledge that this is deep work. It can be difficult and even painful. If it gets overwhelming, stop. If you want to be supported in this process (which may also allow you to get even deeper with it) reach out to me (Bara) at bara@baraco.org to discuss the ways in which I can support you.

01 *Honor the Things You Lost*

Every transition results in loss. Whether we are dreading a change or really looking forward to it, once it takes place we no longer have the life that we did before.

That may sound like a wonderful thing if we're transitioning away from something undesirable. But even when we are, parts of us were comfortable with the way things were (even if they were just comfortable being uncomfortable). When we go through the change, those parts get shaken up.

Most of the parts we're made up of are super primitive. For example, the part of us that wants to make sure that we're not left out of the pack because then we're more likely to get attacked by a saber tooth tiger and die. That part of us doesn't know that saber tooth tigers are extinct. And it doesn't know that in most populated areas there is somewhere we can go where we won't be alone (even if it's a hospital or a shelter). Since it doesn't know all of this, it makes a lot of sense that that part of us would be really really scared when we go through a transition that takes us away from our old community.

Since we're not used to relating to cavemen it may be easier to think of our parts as little kids. Ignoring a scared little kid doesn't help the kid. What does help is sitting with them and giving them space to express their fear. We want to treat the primitive parts of ourselves the same way.

Identify the Things You Lost

In the space below, brainstorm everything that you lost when you made the change that brought you to the work you're doing today. If you moved, this could include things like "being walking distance from my favorite coffee shop. Petting the neighbor's dog every day. Knowing which drawer my forks were in." No matter how insignificant it may seem, write it down, including both the good and the bad.

If it's someone else who went through the change (in this example it could be a friend that moved away) still consider what you lost. ("I lost my walking buddy", etc.)

As you do this work your mind may try to draw your attention to other transitions from your past. If that happens, gently invite it back to the transition you are focusing on now. If you choose to you may repeat this exercise for those transitions at a later time, but there is no need to dwell on events that are already well behind you.

Things You Lost, Cont'd

Now that you've created the list, take some time and sit with it. Read it out loud if you can, either to yourself or to a supportive person who is good at holding space for you. Allow the emotions that come up to come up (unless you get overwhelmed, then pause, do something uplifting, and come back to it when you have support).

You may experience emotions like joy as you reminisce over these things, sadness as you realize they are gone, longing to have them back, or just straight up numbness. Numbness is ok too, and if it makes up the bulk of your experience I recommend hanging on to the list. You may want to try it again later and see if that changes.

While you do this you may want to comfort yourself with a cup of tea or a hand on your heart. When you are finished, you may want to keep processing these emotions. You can do that while going for a walk, laying in bed, taking a bath, or doing anything else that feels right for you.

02 Write a Eulogy to the Old You

Now we've identified and honored the things that you lost, but what about the YOU that you lost? You no longer exist as the person you were before this change. Even if you prefer who you are now, it's important to take time to say goodbye to the person you were before.

Write a little eulogy for the old you. If you are reflecting on a move, this might start "May you rest in peace, the me that got to say hi to Jon every morning when I got coffee. The me that had friends just a couple blocks away. That knew where I could find everything in my house, etc." It doesn't matter how insignificant something may seem on the surface. There could be a part of you that finds it a very big deal!

Eulogy, Cont'd

Now, read the eulogy out loud. You may want to read it standing, or even outside, as if you're at a real funeral. Take your time with it and again, allow your emotions to be. Don't rush this process, or move on to the next step too quick!

03 Embrace the Possibilities!!

You've done the deep work, now on to the fun stuff!! Dream up what possibilities this transition opened up for you. Dream BIG here, the heavens are the limit! For the moving example it could be "finding an even better local coffee shop, becoming best friends with a neighbor, etc." Write it all down! It's even better if you can write it all down as if it's already true but if that feels weird, don't worry about it.

Possibilities, Cont'd



Now read this list out loud. As you go through each item, imagine that you already have that thing! Let yourself experience the joy that that brings.

Wrap-Up

Take a moment of gratitude for this beautiful work you just did for yourself! You could have just "moved on" and pretended this change never happened, but instead you did the work so you will be able to enjoy it even more in the future!

If anything came up during this process that you want support with, or if you want to dive deeper into this transition or any others in your life, you can reach out to Bara at bara@baraco.org

Hi! I'm Bara.

I'm an intuitive life coach who specializes in helping people move to the next level. Are you feeling stuck when it comes to your relationships, health, career, or life in general? I'd love to help you free yourself from self-imposed limitations and climb to your next level! Book your free discovery call on my homepage, baraco.org!

LET'S KEEP IN TOUCH

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