

Navigating Change in Challenging Times

My Change Plan

Identified Change:

What phase or phases am I currently experiencing in William Bridge's Transition Model?

How am I currently responding to the change? What are my stress responses?

What am I losing?

- ☐ Work, personal, or cultural identity
- ☐ Power/influence
- ☐ Relationships
- ☐ Meaningful work
- ☐ Competence
- ☐ Other: _____

- ☐ Status
- ☐ Control
- ☐ Memberships
- ☐ Routines/structures
- ☐ Work or personal future
- ☐ Other: _____

Adapted from William Bridges' Loss Analysis

Are there ways I can compensate for my losses?

What is within my control and/or what can I influence?

What do I need to let go of?

These are current and/or possible supports:

These are the specific actions I will take to navigate this change:



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