

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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