



*Re-invent yourself in Germany:
Identity in Transition*

How to grow and stay true to ourselves

3 Strategies to help you navigate life transitions

- 1. Sit with your feelings:** A change can feel like an emotional roller coaster. Give yourself permission to feel confused, frustrated, angry, excited. Whatever it is that you are feeling. You do not have to interpret or react to it. Sitting with your feelings, however uncomfortable it may be, allows you to own your inner dialogue instead of running away from it.
- 2. Identify anchors from previous transitions:** Think about the last time you went through a transition in your life and what helped you during that time. There are usually points of contact – or anchors – that keep you connected to your core, to who you are. Usually our core values are a good example of an anchor. Another anchor may well be your love for yourself or someone in your life, acting as a fuel and keeping you grounded to something bigger and deeper. You have navigated successfully through previous transitions. It is worth it to look back and identify those successful elements.
- 3. Let go of what no longer serves you:** It is about letting go of the old to embrace the new. And it is a process. A process that involves loss. It means loss, losing a part of yourself, old habits and patterns, a job, sometimes people who once belong to your life. Acknowledging the loss is a first step towards accepting the new. Let go of what no longer fits into your new reality and welcome what this transition is bringing.

Edge behaviours

Whether going through major life changes or simply learning a new skill, we spend our whole life transitioning from one state or situation to another. What we call 'edge' is the boundary between the old and the new. Going over the edge indicates not yet a complete transition but that the inertia is carrying you forward after the hardest hill has passed.

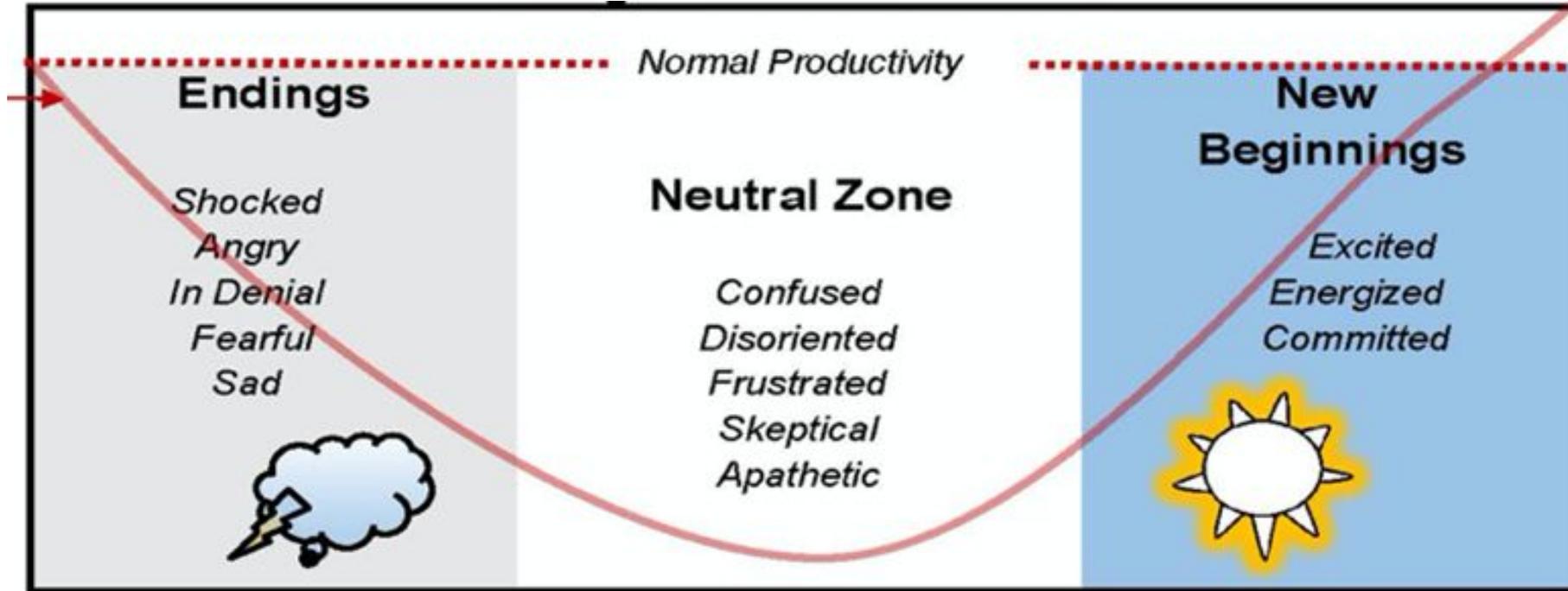
Be aware of your edge – and notice it in others.

Going through a transition can be challenging in different ways. Some of the 'edge behaviors' that naturally come up when we're in between can be feelings of fear, defensiveness, passive-aggressiveness, reluctance, excitement, risk-taking, lack of consideration. Those manifest both as inner feelings as well as in our reactions to other people. Recognizing those behaviours in yourself – or in others – helps you become more aware of a challenging transition, and to support yourself (or others) and your transition more intentionally.

Kiss yourself over the edge.

Some people need to take their time to come over an edge. Others jump over it seemingly overnight. Some need many options available to feel safe in the transition, others go over the edge only when there's no other choice. Consider past experience and recognize your own patterns – what has helped you with previous transitions, or what you were missing to go over the edge more confidently and efficiently. Honour the time and support you need for a successful transition – and give them to yourself. And don't forget to kiss your loved ones over the edge too, when they need it.

Acknowledge your emotions and productivity level during change



- Allow yourself to express your feelings
- Don't try to fix your feelings, show compassion to yourself
- Identify what is & isn't over or lost
- Identify and keep 1 or 2 old routines
- Find 1 or 2 baby steps and manageable goals to focus on
- Seek help and support from community
- Celebrate small wins
- Ask for (positive) feedback
- Share your stories and emotions with others

We are grateful to have you here today.

Your feedback is highly welcome.

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