

# TRANSITION MODEL

Things happen to us - sometimes rapidly, sometimes insidiously - that foreshadow the beginning of something new, when our usual **behavioral patterns** will no longer suffice.



How come when I **change**, I often feel small and strained instead of confident and excited to discover what may come?

Faced with such setbacks, we have to learn to do something different so that our behavior becomes frictionless again.

However, the path stemming from this **new beginning** is rarely clear. It is associated with an end to the **behavior** that no longer works and with a **transition** - the "not yet". This is what frightens and unsettles us. According to C. von Velasco, this transition is exhausting and detrimental to self-worth, but nonetheless, a prerequisite for a successful beginning.

A beautiful image for this state is that of the trapeze artist, derived from W. Bridges' **Transition Model**. The artist has to consciously **let go** of the trapeze (end) in order to be able to fly towards the next trapeze (beginning) with sufficient flight power. This **moment of flying** figuratively expresses the state of vulnerability.

- ? How can you take care of yourself and your team during moments of flight?
- ? What is the artist trying to do?
- ? What conditions does it create?



Curious For  
More Tools?  
(click or scan qr-code)

