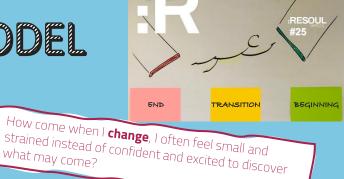
## TRANSITION MODEL

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



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?



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