



2. What are the challenges or dangers involved in this life transition?

a. Practical, financial or logistical challenges:

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b. Emotional challenges:

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c. Relational challenges (involving your relationships):

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d. Other challenges

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e. Of the challenges you listed above, what would you rank as your top three challenges?

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3. You may be familiar with the saying that the Chinese character for crisis connotes both danger and opportunity. You have reflected on the challenges or dangers involved in your situation. Now try to identify opportunities that may be present in your current situation or that may lie ahead on the other side of this transition. Go ahead and give it a try. If it's too difficult to come up with much at this point, that's okay.

a. Potential opportunities for practical changes in circumstances (for instance, living on your own for the first time; going to school full time as opposed to taking one class at a time, etc.):

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b. Potential opportunities for emotional growth:

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c. Potential opportunities for improving or deepening relationships, or developing new relationships:

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