



Questions for Reflection on Re-Entry

What image describes this time of re-entry for you?

What have been some of the joys and challenges during this time of re-entry?

What has influenced your re-entry process? What do you struggle with? What are you grateful for?

What has ended? What has not ended during this time of re-entry? Can you name both?

Re-entry is a time of transition that affects many areas of our lives and being. The following simple exercise can help you understand the scope of your own transition.

Considering places, roles, situations, lifestyles, customs, and relationships, complete the following statements:

In this transition, I went from ... to ...

From ... to ...

From ... to ...

From ... to ...

Which one impacts you the most? Why?

Which of these transitions is most difficult for you?

What feelings surfaced as you did this exercise?

How can you make meaning and find purpose here and now in this unique situation?

How can you care for yourself in this new context?

Considering endings:

Did you have a choice in your leaving, or regarding this ending?

What choices do you have right now?



If you didn't have time to end well, or experience a proper goodbye, how can you rewrite this ending?

Can you say goodbye in a different way?

How can you stay connected if that's what you would like or need?

If you are planning or hoping to go back and waiting to find out if that's possible, what can you do now?

What opportunities or invitations can you seize throughout the different phases of transition to help you along?

Endings:

- Focus on self-awareness
- Seek closure
- Redirect energy
- Consider what good can of this ending

Neutral Zone:

- Be objective
- Decide what's next (very short term)
- Take control of what you can
- Look for Innovation

New Beginnings:

- Take action on your decisions
- Implement new ideas
- Apply what you've learned
- Look forward to the possibilities and what's next

What will you commit to doing for yourself during this time?