

# Life Transitions

How is Change Affecting Your Life Right Now?

Certain changes, such as entering school, starting a new job, or starting a family, can often be exciting, even when they cause some amount of stress, because they are generally considered to be positive changes.



Transitions and change may open new possibilities, but they can also involve loss, confusion, fear, and a shift in how we perceive ourselves. Sometimes the anxiety begins suddenly, and life transitions can take on a traumatic feel.

There is help.



Changes, and especially difficult changes, can influence personal growth, and dealing with a change successfully may leave one stronger, more confident, and better prepared for what comes next in life. In other words, even those changes that are neither expected nor wanted might still produce some beneficial outcome.

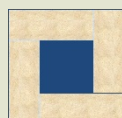
Life = Change

Life transitions that can have an effect include:

- the end of a relationship
- retirement
- becoming a parent or step-parent
- the loss of a loved one
- marriage
- children leaving home
- "coming out"
- injury or illness
- career transitions
- change in financial status
- relocation
- menopause and other midlife changes

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These feelings are natural, but sometimes we may have difficulty coping with them effectively. When this happens, individuals may feel overwhelmed or disconnected. Avoiding these unpleasant feelings can result in anger, stress, anxiety, frustration, depression and other symptoms, both physical and emotional.



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Counseling for those dealing with major life transitions offers individuals or families a way to process life changes and learn to cope with them in a healthy, productive way.

Call E.J. at (919)753-6238 to set up a consultation.