



3. List the people (individually or as a group you need or want to say good bye to (e.g., colleagues, professors, friends). How do you choose to take leave of people? Do you take leave in a group or one-on-one? As a planned/formal activity or unplanned/informal activity (e.g., party, dinner, stop by office or home, phone call)?

People	Group/One-on-One	Planned/Unplanned Activity (Describe)

4. List the places where you need or want to visit one more time (e.g., workplace, school campus, neighborhood, favorite places). Do you visit alone or with someone? While visiting, is there an activity in which you would like to engage (e.g., take photos, jog/run favorite course, eat at favorite restaurant)?

Place	Alone/Accompanied	Visit Only/Activity (Describe)

5. List your work, school and/or personal possessions you need or want to keep, give away or throw out (e.g., work files, school papers, furniture, books). Are any of these items mementos and why? (Indicate your sentiments about this experience's effect on you.)

Items	Resolutions	Mementos (Describe)

6. How do you think you will remember this transition phase?

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