

# The Transitions Model

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Dr. Becky Powell



- I first was introduced to the Transitions Model in the basement of the Stimson Memorial Chapel, Bonn. It was during a lecture sponsored by the American Protestant Church, Bonn and provided by Interaction International ([www.interactionintl.org](http://www.interactionintl.org))
- I find that the Transitions Model makes sense of the lives/people at the APC and my own life.
- It has been important for me to remind myself (and be reminded by others) of God's power and provision through every transition of life.

TRANSITION MODEL	Involvement	Leaving	Transition	Entering	Re-Engagement
<b>Social Status</b>	<u>Belonging</u> Part of “in” group Reputation Position Known Friends – confide, listen	<u>Separating</u> Closure Recognition / Attention Farewells / Celebration Withdrawal / Exclusion	<u>Unknown</u> Statusless Structureless Clueless Special knowledge without use	<u>Marginal</u> Superficiality Tentative Acceptance Uncertain of placement and use Misinterpret behavior / signals Temporary relationships Searching “mentors”	<u>Belonging</u> Part of “in” group Reputation Position Known Friends – confide, listen
<b>Social Posture</b>	<u>Commitment</u> Responsive Responsible Friend	<u>Disengaging</u> Relinquish Roles Distance Criticism Loosen ties / conflict New relationships Closure *RAFT	<u>Chaos</u> Exaggerated problems Misunderstanding / Ambiguity Self Centered Isolation Must initiate relationships	<u>Introducing</u> Marginal Observing Risk Taking Errors in response Exaggerated behavior Searching for “mentor” Trust issues	<u>Commitment</u> Responsive Responsible Friend
<b>Psychological Experience</b>	<u>Intimacy</u> Affirmed Secure Safe	<u>Denial</u> Rejection Resentment Grief / Sadness Expectations	<u>Anxiety</u> Loss of self esteem Loss of continuity with past (sacred objects) in present (schedule, job description, duties, care) Grief Disappointment	<u>Vulnerable</u> Easily offended Fearful Ambivalent Psychosomatic problems Depression	<u>Intimacy</u> Affirmed Secure Safe
<b>Time</b>	Present	Future/ Temporary	Future	Temporary / Present	Present

Read the Transitions Model from bottom to top and left to right.

First, look at the rows:

- Time is what you can focus on.
- Psychological Experience is how you are feeling and thinking.
- Social Posture is how you present yourself to others.
- Social Status is how others behave toward/about you.

In a family, each member will have different challenges and go through these issues at different times.

Now look at the columns:

- Involvement is when you have in a place a “long time” and expect to stay.
- Leaving occurs when you decide to leave, think you MIGHT be leaving, or others expect you to leave.
  - A healthy activity is to “build a RAFT” = Reconcile, Affirm, Farewell, Think about the Future.
- The TRANSITION phase, is generally begins when your household goods are packed out and ends when they are delivered into your new quarters. The timing is based on events that you cannot control as well as choices that you/others make.
- Entering is the activity of building a new life and engaging the new place/people. It takes a lot of intentionality. There are people who never fully enter a place.
- RE-Engagement is the same as Involvement. It is a sense of belonging to the new place.

The red areas are time when there are extra levels of chaos in a person’s life. The strain of relocation spills over into wider psycho-social experiences. The green areas are those in which a person is known and has connections. The emergence into Re-engagement, can take as little as 3 months. When there are exacerbating circumstances or even personal choice re-engagement might take years or never occur. Re-engagement becomes the involvement phase as a person looks toward the next move; note that when re-engagement does not occur, the process of the next transition is impaired.