



Springboard Guide to Stages of Transition from Loss

Springboard Stages Task(s)	RESPOND, 1st Year	RESTORE, 1+ Years	RENEW, usually 2+ Years
Characteristics	Reacting to immediate crisis Shock, Overwhelm, Numb Survival, crisis mode Loss defining you Energy: depleted	Repairing, resuming life Realization, Acceptance Managing new responsibilities Swings between sad and new you Energy: returning	Integrating loss, creating new life Future, life focused Seeking growth, mastering new skills Loss no longer defining you Energy: normal or better
Questions	<i>Why (me)?</i>	<i>Now What?</i>	<i>Who do I want to be?</i>
Healing Horizon	<i>How (will I do this?)</i>	<i>Will I ever be happy?</i>	<i>How do I want my life to look?</i>
	Beginning	Continuing	Continues, but loss integrated
Springboard Program	<u>Lead, Direct, Support</u> Focus: time sensitive, urgent Ensure self-care Nurture Small goals, small actions Connect with people Patience and reassurance	<u>Connect, Evaluate, Consult</u> ID gaps to fill Energy for healing Life simplification strategies Guide through secondary changes Support self care Educational opportunities, tools	<u>Inspire, Educate, Celebrate</u> Socialization Learning Enrichment Future focused Support self care Mentor others
Encourage	Reliance on others Lots of self care No big decisions Prioritization Healing, Spiritual Support Outsource, Simplify	Learning new skills Life simplification New responsibilities Planning Healing Socialization	Exploration Life enrichment Independence Creating Using experience to help others
Services	Banking Financial Planning Legal Accounting Self Care/ Health Counseling/Support Group Insurance <i>delay real estate decisions, and job change if possible</i>	Financial Planning Legal Accounting Self Care/ Health Counseling and /or coaching Insurance Realtor Career counseling	Financial Planning Self Care/ Health Coaching* Realtor Career counseling