**Navigating Transitions**

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*This worksheet is designed to help you reflect on and navigate transitions related to living with, or caring for someone with, ALD.*

1. What is the current transition you are experiencing related to ALD? (Examples: New diagnosis, treatment, adjusting to new limitations, adapting to school/work/ life with ALD, etc.)

2. How has this transition impacted your daily life?

 3. What emotions have you experienced during this transition? (Check all that apply and add any others.)  
  
 - [ ] Fear  
 - [ ] Sadness  
 - [ ] Anger  
 - [ ] Relief  
 - [ ] Anxiety  
 - [ ] Hope  
 - [ ] Other:

4. How do these emotions affect your perception of your (your family members) future?

5. What coping mechanisms have you used to deal with the changes brought by ALD? Are they effective?  
  
  
6. Who are the people in your life that have been most supportive during this transition?

7. What kind of support do you feel you need, but may not be getting?

8. What are your hopes or goals as you continue to navigate this transition?