



THE WAY OF TRANSITION – WILLIAM BRIDGES

**THIS SWPS™ 7 SERIES TOPIC - CHANGE & TRANSITION – PART OF LIFE'S JOURNEY FOR US ALL
SHARED WISDOM PATTERNS SNAPSHOTS (SWPS™) HOTSPOTS OF 2D <=> 3D INSIGHT**

EXPERIENTIAL INTELLIGENCE (EI) & VALUES BELIEFS CONVICTIONS® (VBC'S)

EI includes everything experienced from "womb to tomb" that impacts & shapes human self identity Choose/Rank Judgment Patterns. VBC's® define your personal legacy of "senses driven" ability to perceive and interpret everything you experience 24/7 as either a Positive/Uncertain/Negative encounter in life. A SWPS™ 7 Portrait Series Choose & Rank Thinking Tool provides a comprehensive leap forward in better understanding the influences on one's life with your EI/VBC's Judgement Patterns decisions.

- (1) The constant autonomic (unnoticed) perspective shifting with 2D<=>3D perception greatly influences interpreted meaning of any digital or printed image.
- (2) The merging of Human General Intelligence Q&A thought and reasoning (HGI) with AI generated Artificial General Intelligence (AGI) programmed Q&A "thought" that creates our thinking identity.

THE WAY OF TRANSITION – CHANGE & TRANSITION – PART OF LIFE'S JOURNEY FOR US ALL

This SWPS Series presents Hotspots of insight shared by Bill Bridges in his "uncommonly wise and moving" book THE WAY OF TRANSITION. He defines "CHANGE" as a different life journey episode versus the follow-up experience of being in "TRANSITION" Bridges then speaks of a transition that occurs with a specific "external change" such as losing a job, or the birth of a baby. He calls this type of external change a "reactive transition". He says the transition after the death of his wife Mondri was reactive. But there are also internal changes he calls "developmental transition". This is not activated by an external change – but is a natural internal unfolding of who and how we are made. Such as transition out of adolescence or transition into/out of midlife crisis. All these life changes – whether external change or internal change – bring transitions and different time periods of uncertainty in our life course realignment within the Neutral Zone and on to a new beginning.

HOW TO COMPLETE A SWPS SERIES™ FOR AWARENESS ENHANCEMENT

CHOOSE 4 SWPS PORTRAITS

Skim/read the statements positioned around the RTH thinking head clockwise, 1,2,3,4 (or 1-8).
Then scan the content in the Summation Boxes (SB) and Conclusion Boxes (CB) on each SWPS Portrait. Review all 7 SWPS Portraits in this series. Choose your 4 favorite SWPS Portraits and note this in the upper right hand corner of your chosen SWPS Portraits. 1st "✓" here to CHOOSE this SWPS ____



REASONS NOTES

What new interpretive EI/VBC's insights have appeared? Write what you deem important on the feedback lines at the bottom of each chosen SWPS portrait.

EI/VBC's Judgement Insights:

RANK YOUR 4 SWPS PORTRAITS 1-4

Was it more EI self-awareness satisfying NOW to use your evolved complete brain focus as you rank your 4 chosen SWPS Portraits, 1-4, of this series?

Rank given to this SWPS:

1__ 2__ 3__ 4__

Now RANK the 4 Summation Boxes (SB) on the 4 SWPS Portraits you chose.

Rank this Summation Box: 1__ 2__ 3__ 4__

Now RANK the 4 Conclusion Boxes (CB) on the 4 SWPS Portraits you chose.

Rank this Conclusion Box: 1__ 2__ 3__ 4__

RECORD/RETAIN

Now RECORD the choosing/ranking numbers (#'s) from completing this SWPS Series on the Response Report (page 10). RETAIN your 4 chosen SWPS Portraits and Response Report for future reviews to enhance your life success and satisfaction.



SHARE your recorded EI/VBC's Judgement pattern report with others. Email your 4 SWPS and Response Report with your comments to **INFO@EIB4AI.COM**

TAKE A MINUTE TO REFLECT

Were you aware of any 2D<=>3D mental intentional shifting as you read the RTH Thinking Head statements? Can you recognize if you engaged your whole brain to choose your 4 SWPS Portraits? Were you aware of your EI/VBC's Judgements forming in your thoughts? Did your reasoning go from left brain to right brain and back and forth as you ranked the SB's 1-4, CB's 1-4, on your 4 chosen SWPS?

Go to www.EIB4AI.com/NOWWHAT for further uses and suggestions.



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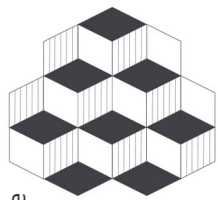
THIS SWPS™ 7 SERIES TOPIC – CHANGE & TRANSITION – PART OF LIFE'S JOURNEY FOR US ALL

2D <=> 3D PERSPECTIVE SHIFTING OVERVIEW

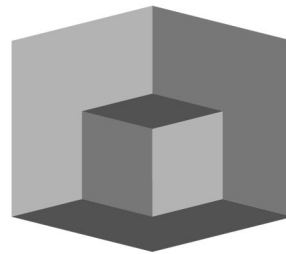
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

Connect with your self awareness to gain perspectives of your comprehension skills from whole brain, left brain, right brain that evolves complete brain thinking.

**Automatic Shifting
Autonomous Reasoning**

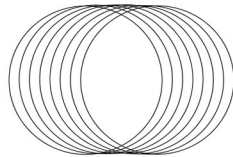


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



With continued inspection, the 2D drawing shifts from a cube with a corner missing to a cube in the corner. (Source unknown)

Friendly tip: Turn this page 90° to the right to enable quicker shifting.



Series of Rings: Either end of the series of rings may be seen at the near or far end of a tube.
(Sensation + Perception Pg 321, Fig 17.15d Schiffman)

**Intentional Shifting
Rational/Intuitive Reasoning**

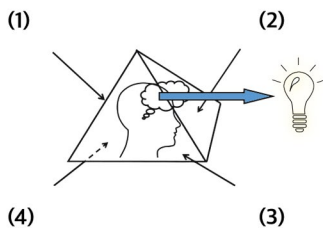
SUMMATION BOX (SB):

An introduction to the book's hotspot of the author's shared knowledge.

Reference
Book's
Pages

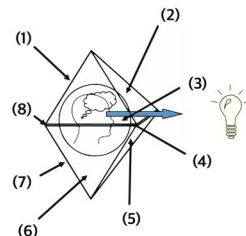
Read statements related to the hotspot topic clockwise, as they go around the 2D<=>3D RTH encapsulated thinking head.

4-sided RTH
Thinking Head Commentary Collective



The RTH Thinking Head Commentary Collective (4 or 8 sided) transcends 2D<=>3D "this or that" perception habits and escalates a complete brain understanding for viewing. The SB and CB components of the SPWS Portrait allowing a Left to Right Brain - back and forth shifting.

8-sided RTH
Thinking Head Commentary Collective



CONCLUSION BOX (CB):

Insights that add guidance to take action or a decision making process.

Reference
Book's
Pages

Retain these "Complete Brain" insights of awareness-shifting as you choose/rank your 4 chosen SWPS™.

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

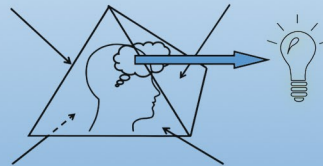
It's a paradox; to achieve continuity, we have to be willing to change. Change is, in fact, the only way to protect whatever exists, for without continuous readjustment the present cannot continue. The refusal to change will not guarantee that whatever we care about stays the same. It only assures that whatever we care about has been deprived of the very thing it needs in order to survive. Here is another paradox; the very things we now wish that we could hold onto and keep safe from change were themselves originally produced by changes. And many of those changes, in their day, looked just as daunting as any in the present do.

Book
Pages
1, 2

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. No matter how solid and comfortable and necessary the status quo feels today, it was once new, untried and uncomfortable. Change is not only the path ahead, but it is also the path behind us, the one which we travel along to wherever we are now trying to stay.

2. But in spite of being necessary, most people would tell you that change is something that we "naturally" resist. If you asked them to account for that resistance, they talk about how we fear the unknown so much that we stick with even uncomfortable situations rather than venture into unfamiliar territory.



4. Or how most people's limited outlook hides other possibilities from them. They may talk about how "inflexible" most of our personalities are.

3. Or they talk about how our natural selfishness makes us refuse to give up whatever we have.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

Having worked with both individuals and organizations on transition – related problems for 25 years, I would say that most people do not resist change. What we resist is transition. "Transition" and "change" are words that are often used as though they were synonymous, but they really aren't. Change is a situational shift: getting a new boss is a change and so is losing your job. Having a new child is a change for everyone in the family. And, of course, losing a loved one is a change – a huge one. Transition is the way that we all come to terms with change. If transition does not occur or if it is begun but aborted, people end up (mentally and emotionally) back where they started, and the change doesn't work.

Book
Pages
1, 2

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

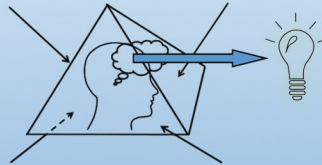
Transition, is the process of letting go of the way things used to be and then taking hold of the way they subsequently become. In between the letting go and taking hold again, there is a chaotic but potentially creative "neutral zone" when things aren't the old way, but aren't really a new way yet either. This three-phase process – ENDING, NEUTRAL ZONE, BEGINNING AGAIN – is transition.

Book
Pages
2, 3, 4

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. When we resist transition, we resist one or more of the three phases of its makeup. We may resist letting go of the old; we may resist the confusion of the in-between neutral zone state; or we may resist the uncertainties of making a risky new beginning. We resist transition not because we can't accept the change, but because we cannot accept letting go of that piece of ourselves that we have to give up when and because the situation has changed.

2. We also resist transition because it takes longer (often much longer) than change, and so it leaves us in limbo – or in the neutral zone, as I prefer to call it – while a replacement reality and a new self is gradually being formed. Although the change itself may immediately go straight from old to new – transition always makes us spend a surprising amount of time in that uncomfortable in-between neutral zone.



4. In removing the status quo, transition not only recalls old hurts, it also threatens to throw us back into the state we were in before the status quo was established. The circumstances of our adult lives often serve to protect us from painful recollections of the way we used to feel before those things existed. When those circumstances go away or fall apart, we are left exposed to our old self-doubts and anxieties.

3. Another reason that people resist transition is that it sets up "resonance" between the present and painful experiences in the past. It is though the later experience of loss "vibrates" and sets other, older losses on the same wavelength, vibrating sympathetically. A person who lost a parent during childhood, for example, is likely to be especially vulnerable to the ending of an adult relationship, as well. People with childhood experiences of failure can be especially vulnerable to situations in which their sense of personal worth or adequacy is challenged.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

Such awakenings—and the transitional challenges that come with them—can occur at any point in life. Whether one comes to a gradual or sudden realization that one's career or marriage or lifestyle is no longer satisfying. After being more or less the same person for years—it can appear that a developmental transition just showed up "out of the blue". But usually it is triggered by the recognition that there actually are alternatives to the status quo. It occurs to us one day that something is happening inside us. If we are honest with ourselves we can only say the things that used to mean a lot to us don't mean so much anymore. Things that were once only a shadowy presence in our mind have taken the stage of our attention and demand our attention. We begin to wonder what life would be like if we did thus and so.

Book
Pages
2, 3, 4

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ___ 2 ___ 3 ___ 4 ___

SUMMATION BOX (SB):

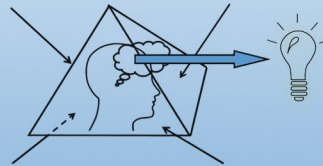
I have been talking, so far, about the kind of transition that is triggered off by a specific, external change and that represents the way that people deal with or get through change. In other words, a change occurs, and then a transition takes place. Let's call this kind of transition a "reactive" transition. But there is also another kind of transition, which I'll call "developmental." This is a transition which is not triggered by an external change but which is produced by a natural, inner unfolding of those aspects of ourselves that are built right into who we are and how we are made. The transition of adolescents is a developmental transition. So is the so-called midlife transition, and so is any profound shift to a new way of experiencing the world. The two different kinds of transition are characterized by the same three phases – an ending, a neutral zone, and a new beginning:

Book
Pages
4, 5, 6

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. in the ending, we lose or let go of our old outlook, our old reality, our old attitudes, our old values, our old self-image. We may resist this ending for a while. We may try to talk ourselves out of what we are feeling, and when we do give in, we may be swept by feelings of sadness and anger. Why is this happening to me?

2. Next we find ourselves in the neutral zone between the old and new – yet not really being either the old nor the new. This confusing state is a time when our lives feel as though they have broken apart or gone dead. We get mixed signals, some from our old way of being and some from our way of being that is still unclear to us. Nothing feels solid. Everything is up for grabs. Yet for that very reason, it is a time when we sometimes feel that anything is possible. So the in-between time can be a very creative time too.



4. Feeling that way, we may decide to make changes in our lives. Whether or not a developmental (internal) transition leads to an actual external change, it leaves us feeling different inside.

3. Finally we take hold of and identify with some new outlook and some new reality, as well as new attitudes in a new self-image. When we have done this, we feel that we are finally starting a new chapter in our lives. No matter how impossible it was to imagine a future earlier, life now feels as though it is back on its track again. We have a new sense of ourselves, a new outlook, and a new sense of purpose and possibility.

Rank this Conclusion Box: 1 ___ 2 ___ 3 ___ 4 ___

CONCLUSION BOX (CB):

"It is not the conscious change made in their lives by men and women – a new job, a new town, a divorce – which really shape them, like the chapter headings in a biography, but a long slow mutation of emotion, hidden, all penetrative; (these inner changes are) something by which they are so taken up that the practical outward changes of their lives in the world, noted with surprise, scandal, or envy by others, pass almost unnoticed by themselves."
– Nadine Gordimer

Book
Pages
4, 5, 6

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

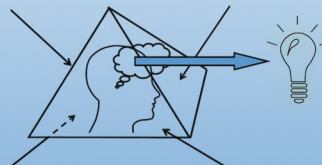
I first discovered and came to understand the transition process not in the conceptual form that I am presenting here, but as an experience. I had left my career as a college teacher of American literature and had moved my family to the country. Both of these changes had occurred because Mondri and I had decided to join one of those "intentional communities" that were springing up in California at the time. Ours was formed by six families who had known each other well and had decided that it would be wonderful to live together in neighboring houses, with some shared facilities and frequent communal events.

Book
Pages
6, 7, 9

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. I was very excited by the prospect of our new life, and we put a lot of planning into getting ready for the changes it entailed. There were many unknowns, of course, but I was expecting an exciting new adventure. As it turned out, it was exciting. But I was a mess! Within a month of making the move, I was being treated for a pinched nerve in my neck and elevated blood pressure; I was also arguing all the time with Mondri, and I was feeling much more discouraged about the future than I had imagined I would be.

2. I kept telling myself: this is a good change, one that I wanted to make. I kept trying to convince myself that I was happy. If this is how good change feels, I thought, what happens to you when you make a bad change? Body parts fall off, probably.



4. Not understanding the process of transition or knowing that endings can trigger off real mourning for what has been left behind, I can only imagine that the changes had been a mistake: why else would I feel so miserable?

3. I worried that I had made a mistake coming out to the country. I also worried that I'd have to go back begging to be rehired at the college where I had worked before I moved.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

When I first moved to the country, I was dismayed to find that instead of feeling that my new life had started, I felt that my life was over. I was depressed and miserable. As much as I had wanted to leave teaching, I found that I missed the regularity of my old schedule and the familiar give-and-take of the classroom. That discovery puzzled others too; old friends and neighbors had seen me as this brave guy who was willing to walk away from a career that he no longer believed in. They wondered if my behavior didn't just go to show that my big life change had been a wrong turn. It was only after I realized that the rights of passage began by separating the person from his or her old identity that I began to find meaning in my subjective experience of this "disidentification".

Book
Pages
6, 7, 9

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

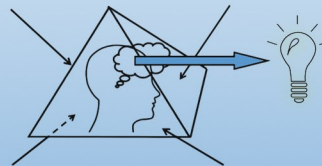
What I found in my own case was that it makes a world of difference if you think of disidentification as a first step in a process that will produce something new, rather than as a final step in the collapse of your whole life.

Book
Pages
10, 11

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. The wisdom of "making endings-before-making-new-beginnings" was being driven home to me in all sorts of ways. I had moved to the country partly because (as a professor of American literature) I had been infatuated with the Thoreau's book *Walden* and its story of living of basic life, close to nature. The heart of that undertaking, he had written, was to simplify your life. Simplify, simplify, simplify! He wrote.

2. I can see that although I thought this was what I was doing, I was really just trying to add simplicity to my life. In addition to all the old things I have been doing, I started heating the house with a wood stove and chopping wood for fuel and raising as much of the family food as I could and reusing everything over and over. Of course, my life grew more and more complicated in the process.



4. What I was missing, of course, was that second phase of the passage experience: the neutral zone. (But I was in a hurry! I couldn't afford to spend months wandering around in the neutral zone, like some aboriginal youth on a walkabout. Besides I was a modern person not a primitive) in spite of my modernity, however, I slowly came to see that I needed to go through the wilderness phase of my transition and spend months wandering around in the neutral zone.

3. The unexpected discovery that you have to make an ending before you can make a beginning would have been less dismaying if I could have made a quick ending and then gotten on with the new beginning right away. But the new beginning I was looking for needed to include finding a new way to make a living, and that depended in turn on some new way of defining what kind of work I can do.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

The resulting state of chaos is not really a negative state or a breakdown of the way things are supposed to be, although it certainly felt that way to someone like me who didn't expect or understand it. It is actually a fertile state, a creative state, a state of pure energy and great potential.

Book
Pages
10, 11

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

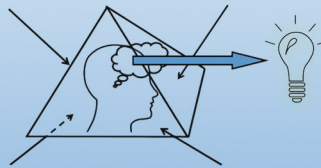
When I moved to the country, I tried to figure out how to recover the relative comfort and security I had felt before I plunged into transition. I suspect that if anyone had offered to turn back the clock to the old days before I grew dissatisfied with teaching, I would've accepted the offer. I know now how common it is for people in transition to wish they could turn back the clock – and even to imagine that they are doing so, when what they are actually, if unwittingly, doing is moving forward towards something new.

Book
Pages
13, 14

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. You think that you are heading for India, and you end up in the West Indies.

2. You run after the ball, and you fall down the rabbit hole.



4. You think that you are doing one thing, and all the time you're busy doing another.

3. You're a prehistoric fish in a dried up sea that's just trying to flop across the mud to a new puddle, and the next thing you know you're breathing air.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

Many of the biggest transformations come when you think that you're just trying to re-establish the status quo.

Book
Pages
13, 14

Gained EI/VBC's insights: _____

Rank this Summation Box: 1 ____ 2 ____ 3 ____ 4 ____

SUMMATION BOX (SB):

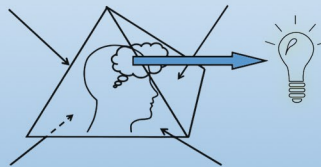
After I began to work with people in transition, I found that endings and losses are the commonest first sign that people are in transition. These endings tend to be signaled by one or several experiences: a sudden and unexpected event that – like my wife Mondie's death – destroys the old life that made you feel like yourself – the "drying up" of a situation or relationship that once felt vital and alive – an activity that has always gone well before, suddenly and unexpectedly goes badly – an inexplicable or unforeseen problem crops up, at the worst possible moment, to disrupt the ordinary functioning of your life.

Book
Pages
14,15,16

Experience intentional 2D<=>3D shifting below: read statements clockwise around the RTH encapsulated thinking head

1. The irony is that people naturally view such events or situations as disasters to be averted, as problems to be solved, or as mistakes to be corrected. But since they are really signals that the transition process has commenced, making them go away is no more than turning off the alarm that woke you up.

2. an outer loss is best understood as surrogate for some inner relinquishment that must be made, but one that is difficult to describe. What it is time to let go of is not so much the relationship or the job itself, but rather the hopes, fears, dreams and beliefs that we have attached to them.



4. When I say that a loss is a metaphor for an inner ending that it is time to make, I don't want to be misunderstood. I am saying that it is as if the outer loss was just a symbol. I am just saying to forget speculating about the identity of the sender and ("hey, time to wake up!") Read the message. I am saying that you can come out of an encounter with one of these ending signals more effectively if you ask yourself what it is time to let go of.

3. Since the loss is best seen as the cue that it is time to let go of the inner thing, one of the first things the person in transition needs to ask is: "what is it time for me to let go of?" The danger is that the person will fail to grasp the inner message and conclude that the outer change is the whole story.

Rank this Conclusion Box: 1 ____ 2 ____ 3 ____ 4 ____

CONCLUSION BOX (CB):

Transition does not require that you reject or deny the importance of your old life, just that you let go of it. Far from rejecting it, you are likely to do better with the ending if you honor the old life for all that it did for you. If you got this far – it brought you everything you have. But now – although it may be some time before you are comfortable actually doing so – it is time for you to let go of it. Your old life is over. No matter how much you would like to continue it or rescue it or fix it, it's time to let it go.

Book
Pages
14,15,16

Gained EI/VBC's insights: _____



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING THE WAY OF TRANSITION – WILLIAM BRIDGES

THIS SWPS™ 7 SERIES TOPIC – CHANGE & TRANSITION – PART OF LIFE'S JOURNEY FOR US ALL
YOUR EI/VBC'S® JUDGEMENT PATTERNS RESPONSE REPORT

ENTER YOUR CHOOSING/RANKING NUMBERS BELOW THAT YOU RECORDED ON
YOUR 4 COMPLETED SWPS™ PORTRAITS LEFT TO RIGHT ORDER 1, 2, 3, 4 BELOW

4 OUT OF 7 SWPS™ SERIES CHOICES:
SWPS#__ SWPS#__ SWPS#__ SWPS#__

4 CHOSEN	___	SUMMATION	1	___
SWPS	___	BOX (SB's)	2	___
PORTRAIT	___	#'s RANKING	3	___
#'s	___		4	___

4 CHOSEN	___	CONCLUSION	1	___
SWPS	___	BOX (CB's)	2	___
PORTRAIT	___	#'s RANKING	3	___
#'s	___		4	___

RANK YOUR 4 SWPS CHOICES				
4 CHOSEN	___	SWPS	1	___
SWPS	___	PORTRAIT	2	___
PORTRAIT	___	#'s RANKING	3	___
#'s	___		4	___

EI/VBC'S® TRANSFORMS REASONING HABITS

This new method of thinking, "2D <=> 3D perception & perspective shifting," reveals insights as you record both obvious and hidden judgments while you recognize your choice-making patterns. Ultimately, you're using your personal legacy of VALUES BELIEFS CONVICTIONS® (VBS's) that influence and define all aspects of your daily identity.

Use your EI/VBC's Choose-Rank-Reasons-Record-Retain (CR4™) pattern-revealing report to communicate multiple dimensions of meaningful feedback. Articulate new or evolved questions and possible unforeseen answers/solutions, as this SWPS™ series prompts you.

NAME (optional): _____

AFFILIATION (optional): _____

OUR VISION: AN ONLINE SWPS™ PATTERN MATCHUP CENTER

Let's use AI to discover ways to meet humanity's needs and provide fulfillment. Together we can compel Change Agents and Influencers to build an online space where SWPS™ are correlated and matched-up by a beneficially focused algorithm. The possibilities for improving mental health at all ages of life are endless and may build an exciting new frontier of hope, positivity, and unity.

Yes! This SWPS™ Series motivated me to impact social media/digital tech's future development. I am sending my CR4™ response report & my selected 4 SWPS™ with my feedback/suggestions to the email below.

INFO@EIB4AI.COM