



AWAKEN YOUR EXPERIENTIAL INTELLIGENCE (EI) THINKING

THE WAY OF TRANSITION – WILLIAM BRIDGES

THIS SWPS™ 7 SERIES TOPIC – THE ULTIMATE LIFE TRANSITION – OBSERVATIONS DURING MONDI'S DYING
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!

*William Bridges + Mondie's sharing
the fears/portraits of a
spouse dying from cancer
the authors could
insights are so profound
& touching
WM could not
complete
this choose +
rank response
report.*

4 OUT OF 7 SWPS™ SERIES CHOICES:

SWPS# 3 SWPS# 5 SWPS# 6 SWPS# 7

4 CHOSEN SWPS PORTRAIT #'s	<u>3</u>	SUMMATION BOX (SB's) #'s RANKING	1 <u> </u>
	<u>5</u>		2 <u> </u>
	<u>6</u>		3 <u> </u>
	<u>7</u>		4 <u> </u>

4 CHOSEN SWPS PORTRAIT #'s	<u>3</u>	CONCLUSION BOX (CB's) #'s RANKING	1 <u> </u>
	<u>5</u>		2 <u> </u>
	<u>6</u>		3 <u> </u>
	<u>7</u>		4 <u> </u>

RANK YOUR 4 SWPS CHOICES			
4 CHOSEN SWPS PORTRAIT #'s	<u>3</u>	SWPS PORTRAIT #'s RANKING	1 <u> </u>
	<u>5</u>		2 <u> </u>
	<u>6</u>		3 <u> </u>
	<u>7</u>		4 <u> </u>

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): WM

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



THIS SWPS™ 7 SERIES TOPIC - THE ULTIMATE LIFE TRANSITION - OBSERVATIONS DURING MONDI'S DYING
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 comprehensonal 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 - THE ULTIMATE LIFE TRANSITION - OBSERVATIONS DURING MONDI'S DYING

Bill Bridges' lifelong work has been devoted to a deep understanding of transitions and to helping others through them. Acting as a humble go-between - I (WM) have selected some of the powerfully moving life transition insights shared from his remarkable book "THE WAY of TRANSITION". This SWPS™ 7 Series relays book hotspots about his own wife of 35 years dying of cancer. How this traumatic experience threw him headfirst into the kind of painful and confusing abyss he had only known before in theory. Follow this SWPS™ series' very personal sharing of his persepctives and perceptions during the two years of sickness and death of his wife - MondI.

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 ____

chose 3, 5, 6, 7

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:

IN GOOD CONSCIOUS

RANK YOUR 4 SWPS PORTRAITS 1-4

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

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

could NOT COMPLETE CHOOSE/RANK

Rank given to this SWPS:

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.

Shared Wisdom Patterns Snapshots™ (SWPS™ #3)

The Way of Transition – William Bridges
The Ultimate Life Transition – Observations During Mondri's Dying

1st "✓" here to CHOOSE this SWPS _____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB):

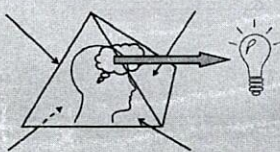
I don't believe that Mondri's illness and suffering were sent to teach her or me anything. But, together with her ultimate death, they did teach both of us a great deal. As she struggled along, day by day, for more than two years, she progressed from being simply a sick frightened person to being someone who found a great deal of meaning in her sickness and uncovered new depths within it because of her discoveries. And during that time I progressed from being a stunned bystander, trying to understand what was happening, to being a participant in a profound and awe-inspiring experience.

Book
Pages
19, 20,
21

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

1. Several months after she had been diagnosed with breast cancer, Mondri decided to write to her friends and update them on how she was doing. In these letters – 15 of them before she died – she reflected on the experience of being very very ill. She studied that experience in herself and in others who were affected by her condition. If she was going to have to be there, she decided, she might as well find out as much as she could about what life was like in the land of dying.

2. Here is a passage from one of those updates she wrote about halfway through her ordeal; "I really like new beginnings. I like the challenge of finding meaning in heretofore impossible situations. I like being in the middle of what's true and what's real, and what's at the center of things. I always liked thinking about death, and I have always thought of death as a new beginning. Now I have to put my money where my mouth has always been. I accept that challenge. I'm willing to be awake and conscious if and when I become ill and die."



4. "It would be a terrible heartache not to be a Jungian analyst, after 10 years of study and work towards that goal. How can I ever feel okay about leaving my patients, those who have trusted me so deeply and have risked their lives as they have counted on me? Who am I if I'm not a therapist? Its not that I don't think I'll still be here, therapist or not, but I'm just not too familiar with that non therapist woman."

3. "I also hate new beginnings. It is devastating to me to think of not seeing my children become middle aged and my grandchildren grow up. It tears my heart apart to think of leaving Bill – he whom I have spent 37 years of my life with, for better and worse and everything else that happens in a good marriage. My friends are my treasures, I don't want to let them go."

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

CONCLUSION BOX (CB):

And what about leaving this body? I've lived in it for 56 years, it has served me so well. I don't know who I would be without this body, though I feel quite certain I'll still be me and I'll be around.

Book
Pages
19, 20,
21

The feelings that well up in me – as I really connect with perception + perspective of meaning of Mondri's words in the quotation from letters she wrote about facing dying. Such raw work – but what I intended I Bridges show this life force ending experience personal thoughts of Mondri and his – right in the middle of tragedy

Gained EI/VBC's insights:

Shared Wisdom Patterns Snapshots™ (SWPS™ #5)

The Way of Transition – William Bridges
The Ultimate Life Transition – Observations During Mondri's Dying

1st "✓" here to CHOOSE this SWPS _____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB):

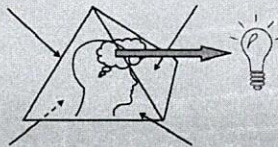
Dying put Mondri under a bright light, and she began to see things that had always been shadowy before. In those days she saw, far more clearly than I then could, how life is made up of transitions at any level of detail you choose to look. I realized intellectually that transitions were not limited to times of major change, that they were not just being born and dying, marrying and changing careers. But it was only through her that I saw the same pattern and all the tiny everyday relinquishments of our expectations and our hopes and all the little beginnings of some new way things are. She helped me to see the pattern in all the little neutral zones, when we are suspended for even a moment between the past that is gone and the future that we cannot yet see.

Book
Pages
22, 23

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

1. In those days, Mondri's life was all transition. We had been told that the cancer probably wasn't aggressive, but it kept growing. We were told it was not very advanced, but it kept advancing. We were told that the lumpectomy had removed it and that the radiation had blitzed any cells that might have remained, but it came back. She had three cycles of chemotherapy, but none of the chemicals set it back more than momentarily.

2. Hope and disappointment, hope and disappointment. All of her hair fell out twice. The cancer spread to the lung itself, and she had two painful operations to drain fluid that had started to build up there.



4. She had been an extraordinarily attractive, vivacious and athletic woman; but every week she grew thinner and weaker. There were times when she gasped for breath, and these times came more and more frequently. They put her on oxygen. Breathing hurt her so much that she needed morphine, and when breathing became very difficult she had panic attacks that left her groaning and pleading for help.

3. She had to give up her work as an analyst and to say a wrenching goodbye to her patients. She had to stop doing almost everything that she loved to do, as the cancer moved through her like a dark rising tide.

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

CONCLUSION BOX (CB):

Outwardly our lives were falling apart, but inwardly this began to be an extraordinarily rich time. Her days in the hospital gave us nothing but time to talk. I, who had been so much slower than she was in admitting she was dying, now found it impossible to think of anything else. At the end of the day, I would lie beside her on the hospital bed, holding hands and talking, or hugging her and crying. I can't remember just when Mondri and I started saying goodbye, but it was well before those days in the hospital. When she was hospitalized and was so sick, all her energy went into survival and we stopped saying goodbye.

Book
Pages
22, 23

*This creating grooming and comparing
Gained EI/VBC's insights. ~~and SWPS series is present from Bridges~~
book - makes me feel we such a ~~noise~~ in
even comprehending all the observations
of the dying experience between Mondri
and the insight that I need try and
keep this insight of meaning alive and
in circulation.*

Shared Wisdom Patterns Snapshots™ (SWPS™ #6)

1st "✓" here to CHOOSE this SWPS _____

The Way of Transition – William Bridges

Rank given to this SWPS

The Ultimate Life Transition – Observations During Mondri's Dying

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB):

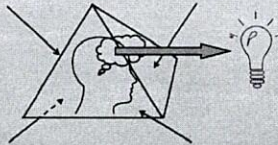
This positive thinking stuff is crap, she said to me one evening as I sat on her hospital bed. But then, so is negative thinking. They both cover up reality – which is that we just don't know what's going to happen. That's the reality we have to live with. But it is easy to see why people take refuge in optimism or pessimism. They both give you an answer. But the truth is that we just don't know. What a hard truth that is!

Book
Pages
24,25,26,
27,29

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

1. She entertained guests on the deck on the Sunday afternoon before she died. We had drinks and snacks, and she was very happy. But she overextended herself, and that night she had another long and terrifying bout of gasping and moaning for breath.

2. Two nights later we were lying in bed. Early in the day, she had had one of the little rallies that encouraged and confused us, but by afternoon the hospice nurse had to come. Her breathing was shallow and difficult, and a crackling and popping accompanied each breath. Then she had a terrible attack of breathlessness. I called the nurse and was told to triple her dose of morphine and double the Ativan. I put in a quick call to the nurse to ask if she thought I ought to call our three daughters and tell them to come home. She said that she would do that if she were in my shoes.



4. We kissed. I put my arm around her neck. It was so skinny and wrinkled now. She turned toward me and curled up. She fell asleep suddenly, as she often did those days with the narcotics. I eased my arm out from under her head and got up. Then I went back over to the bed and sat on the edge. I wanted to talk to her. Missing our evening talks, I went on solo, I told her that I guessed that the end was near. I was crying continuously now, and the crying felt as much a part of me as my heartbeat.

3. The evening was in many ways like others that spring. We were saying goodbye again. I thought back to those long early weeks when I had been unable to accept the seriousness of her disease, and I wondered how I could have been so blind and confused. I said "I'll miss you so much!" Then I began to sob. After a few minutes during which we lay there holding hands and crying we both calmed.

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

CONCLUSION BOX (CB):

Without any particular forethought I continued to talk to her. I told her how brave I thought she had been throughout the two year ordeal. I said that I thought our three girls – grown women, but still "our girls" – were in pretty good shape and that she did not have to worry about them. I said that I too was going to be alright and that it was time, now, for her to look after herself because that immense next step in her life journey, whatever it was, would require all her energy and attention. I snuggled up against her narrow body – when I awoke three hours later it was still dark in the predawn. I noticed that Mondri's noisy breathing had stopped. I put my hand on her chest. Her body felt warm, so she could have not have been dead for long. But she was gone. Off somewhere else, away on other important business.

Book
Pages
24,25,26,
27,29

I have always told myself I am courageous and brave. I am not sure I could have shared in writing - to the world - what this author - a humorous husband with a cancer dying wife - so honestly and openly has communicated. All I can do is credit a SWPS Aeries - that relays - as a caring immersion. The perception and perspectives of such a wonderful all-consuming experience.

Shared Wisdom Patterns Snapshots™ (SWPS™ #7)

1st "✓" here to CHOOSE this SWPS _____

The Way of Transition – William Bridges

Rank given to this SWPS

The Ultimate Life Transition – Observations During Mondri's Dying

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB):

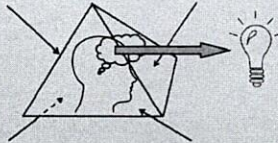
Once again, there they are – those damn three phases of transition. There was the letting go that she had fought against for a long time and I fought even longer. But when we did let go of the blind and thoughtless struggle, we found ourselves in a strange place that neither of us had known existed. This place was the neutral zone – no doubt about it. That in between time was very special. At first it was fearful to her, but slowly she explored it and found that it was not such a bad place to be, here is how she described it in one of her last updates.

Book
Pages
29, 30,
31, 32

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

1. "For many days after my surgeries, I lay in an in between zone. I could see life and I could see death. I felt drawn toward both but content to be where I was. The in between zone is not a painful place."

2. "What was painful was when I could not accept the possibility of my death. I was agonized and tortured when I refused to accept that I might not see my grandchildren again. Or that perhaps Bill's body would never be entwined around mine. That I would never work with my patients again. That I might never chase my dog, Emma, around the house in pursuit of a snuggle. That I'd never watch the trees outside my window or walk on Stinson Beach again. That I'd never hear Anne, Sarah or Margaret say "hi mom!"



4. "From the in between world, where I was for so long, it does not feel so bad. I fear I will offend some people when I say this, but I also hope to offer some relief. It was enormously relieving to me to look at death on one side of me, and life on the other and be able to smile at each one. It was relieving to me that I could say goodbye to my husband, friends, analyst, relatives, dog, and house. They would be okay and I would be okay. I had never guessed this psychological space existed. It was very reassuring."

3. "I worked hard to have the family lifestyle I have. It seems so special to me. And then, just as I begin to feel so proud of myself, I remember that there are billions of other "special" people in the world with their "special" lives. I have to laugh at myself. Mine is really no different from anyone else's except that it's mine. But then everything is special. I am looking outside at a pine tree as I write. It has zillions of needles, each special and each just like all the others. I find it an odd comfort in realizing that I'm just one of humanity's needles – nothing special. It helps me accept the passage of life and the movement towards my death."

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

CONCLUSION BOX (CB):

"The endurance of terrible pain in the proximity to my own death pushed me into the in between world. There is such a clutching and clawing to stay in this world – just the way I have known it. It is so seductive. It's impossible to believe that there is anything else. I am so grateful I was able to get to an acceptance of whatever was next, and I relaxed and felt at peace." That time in the in between world brought her insights that she had never had before and gave her the words to speak and write as she had never done before. But it also terrified her. The in between world granted us more intimacy and joy than we had ever had together before. Yet the clock was also at one minute to midnight and we both knew it.

Book
Pages
29, 30,
31, 32

*Is it w/ bridges interpretation of her brave
Gained EI/VBC's insights - Mondri's thinking - it appears
Mondri was a extremely self-fulfilling body
awareness "expert" herself - w/ had a deeply
communicated language sharing for a journey
and the stark outcountryp that ends
with dying. It causes me feel that it earns
me strength to face death when
it comes!*



THE WAY OF TRANSITION – WILLIAM BRIDGES

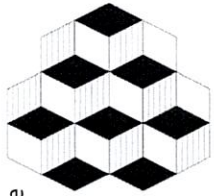
THIS SWPS™ 7 SERIES TOPIC – THE ULTIMATE LIFE TRANSITION – OBSERVATIONS DURING MONDI'S DYING

2D <=> 3D PERSPECTIVE SHIFTING OVERVIEW

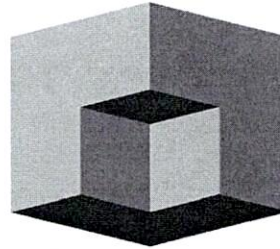
Ready to evolve your reasoning habits in a way that enhances the benefits of using your Experiential Intelligence?

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

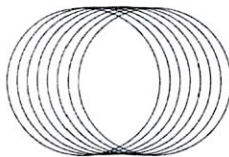


Black and White Cubes:
The figure reverses so that either 6 or 7 cubes are perceived.
(Sensation + Perception Page 321 Figure 17.15b Schiffman)



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):

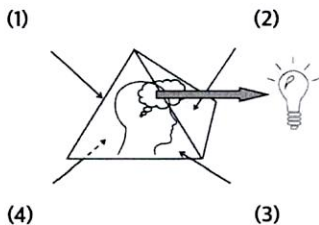
An introduction to the book's hotspot of the author's shared knowledge.

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

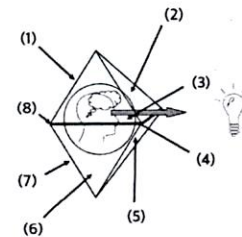
Thinking Head Commentary Collective



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):

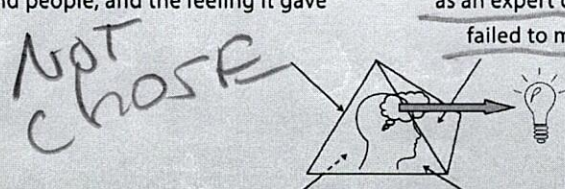
Mondi, my wife of 35 years, discovered a small lump in her left breast and we began a long struggle with cancer. For the next two years, we rode a roller coaster of hope and disappointment. Although she had enough good times so that we sometimes believed that the cancer was gone, it kept coming back. Finally only a month after she had been enjoying a particularly good remission that we imagined might mean recovery, she died.

Book
Pages
xi, xii,
xiii

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

1. For several months after her death, I didn't do any speaking and training on the subject of transition. At first, I simply lacked the energy for any sort of activity – least of all one that required me to inform and entertain my audience. But I found that, as glad as I was for the chance to rest, I also missed the structure and purpose that work had always given to my life, the chance it provided me to be out around people, and the feeling it gave me of being productive.

2. After three months of inactivity, I tried a few small projects and found that being busy again felt good. But working also presented me with an unforeseen new problem. All the things I had written about transition – the very things that people said were so helpful for them – now felt strangely unreal to me. I wondered, how could I ever have tried to pass myself off as an expert on transition? I felt now that my words had totally failed to match in depth the experience of actually being in transition.



4. I felt as if my whole career as an expert on transitions had been a fantasy out of which I had been pulled by a jolt of reality. I could not imagine ever speaking or writing on the subject again. That's frightening, because if I stop doing that work, I would lose not only my livelihood but also one of the important continuities in my life. It wasn't that I was tired of thinking about the topic of transition. Quite the opposite; nothing was more interesting to me than it was now. It was just that I couldn't imagine how to say anything that would match the depth of the experience I was having.

3. I began to have a troubling fantasy; that during all those years, people who were in transition had come to my speeches and picked up my books looking for help and had gone away hungry. Worse, I imagined that they had resented my belief that I had something to say. This feeling became so strong that I decided to stop speaking or writing on the subject completely for a while, though even that decision didn't save me from the shame of having taught so long about something I now doubted that I knew anything about.

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

CONCLUSION BOX (CB):

It took me some time to realize that these feelings were an expression of the disenchantment that I had always said was part of the transition experience. If it is deep and far-reaching, transition makes a person feel that not only is a piece of reality gone, but that everything that had seemed to be the reality was simply an enchantment. With the spell broken, life can look so different that we hardly recognize it.

Book
Pages
xi, xii,
xiii

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #2)

The Way of Transition – William Bridges

The Ultimate Life Transition – Observations During Mondri's Dying

1st "✓" here to CHOOSE this SWPS ____

Rank given to this SWPS

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB):

Gradually I decided that whenever an old reality disappears, the answer is not to refuse to do anything that has been associated with it, but rather to explore and discover what the new reality is. What did my own huge encounter with transition tell me? What would I say now if I were to speak about the subject for the first time? Those were difficult questions, both because they forced me to rethink everything I had thought that I knew and because they threatened to bring a perfectly good career and reputation for expertise crashing down around me.

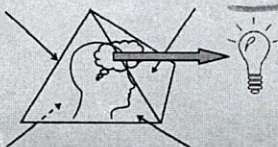
Book
Pages
xiii, xiv

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

1. Transition doesn't simply mean disenchantment; it breaks up your old identity too. I had talked about that aspect of transition as well, calling it "disidentification", and people had thanked me for my insight. I had also talked about "disorientation". And I did indeed feel disoriented... Lost... Didn't know which end was up. Maybe I had known what I was talking about all those years.

2. Maybe it was that the subjective experience was far more important than verbal descriptions can convey. I was fortunate to be able to take some time off from work after Mondri died in the spring. The break gave me a chance to get a little more familiar with my new reality. The disorientation that I was experiencing (like that disidentification and disenchantment that created it) was beginning to feel not like a terminal state but like a prelude to something new.

NOT
CHOOSE



4. I no longer feel overwhelmed by my transition. I can reflect on it, hold it at arm's length and consider anew what transition really is and what it does to a person. I can speak both as someone who has worked with people in transition for 25 years and also someone who has gone through a big one recently.

3. The ending that had taken place and the loss I had experienced were, I started to feel, the psychic ground-clearing operation that might make a new transition possible. This new experience of being in transition brought me a new understanding of transitions and new ways of helping people find meaning in it.

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

CONCLUSION BOX (CB):

In writing this book, I want to keep my perspective straight and to do justice to both points of view – conceptual and the experiential. In different chapters I had moved back and forth between these two different perspectives on transition. I have a feeling that truth – whatever that battered word means – can only come from binocular vision.

duality of comparison

Book
Pages
xiii, xiv

Gained EI/VBC's insights: _____

Shared Wisdom Patterns Snapshots™ (SWPS™ #4)

1st "✓" here to CHOOSE this SWPS _____

The Way of Transition – William Bridges

Rank given to this SWPS

The Ultimate Life Transition – Observations During Mondri's Dying

1 ___ 2 ___ 3 ___ 4 ___

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

SUMMATION BOX (SB):

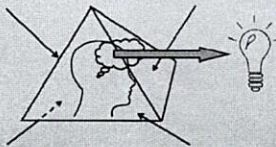
As a Jungian, Mondri had her own view of life's turning points, and while she had always been interested in my work with transition, my particular model of life change was not the one she used to interpret her own experience. But as the situation grew more serious, she began to talk about her transition – or transitions, for once she began to look, she saw them everywhere. A year after writing the update I quoted, she wrote this;

Book
Pages
21, 22

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

1. "Cancer is okay if you like beginnings. Every day I have a new beginning. Every day I exchange who I thought I was for who I am now. I thought I was healthy; now I have cancer. I thought I had a treatable local recurrence; now it's most likely incurable cancer."

2. "For over 25 years I was a full-time therapist; now I'm a part-time therapist. Today I'm writing a paper to become a Jungian analyst; next week I may have to go on a leave of absence to have a bone marrow transplant."



NOT CHOSE
How do I CHOOSE FROM SUCH POWERFUL
INSIGHT
PORTRAITS?

4. "Today I am a vigorous and evolved grandmother who likes to take her grandchildren to Disneyland; next year I may be a grandmother who mostly looks on and delights in her grandchildren by watching and listening to them."

3. "Today my body feels strong and pain-free; in a month, I may have the torture of chemotherapy."

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

CONCLUSION BOX (CB):

A mortal illness, she realized, is not just the lead up to the big transition called "dying". There are beginnings and endings all the way along the path. You're constantly letting go of who you thought you were and how you thought life would be. You find yourself constantly in the neutral zone, unable to recover your old life but equally unable to embrace your new one comfortably. To the extent that you can let go of who you used to be and honor the experience of being in-between lives, you discover a rich and wonderful way of living. there is no beginning that doesn't require an ending, and no ending that doesn't make possible a new beginning.

Book
Pages
21, 22

Gained EI/VBC's insights: _____

2