Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CALM 20**

**Anticipated Change Inventory**

1. Describe a change you anticipate in the next few months or year (eg. holiday, moving, summer job, graduation...)
2. Is this change voluntary or involuntary?
3. Note the feelings you associate with it (eg. anticipation, anxiety, excitement, fear...) List at least 5.
4. Can you prepare for the change? Explain what you can do to prepare. If no, why not?
5. How do you want this transition to turn out? Be specific?
6. What additional information can you gather to help create the result you wish to see?
7. Who can you ask to help you through this change?
8. What do you hope to learn from this experience?