

Pros and Cons for Transition

Have your child fill out the chart below with his/her thoughts and feelings about transition. You can talk about coping strategies for these worries by reminding them of their ABC tools. In order to more easily accept change, it's critical to understand the issues you have as well as the emotion associated with each issue.

Students: Write down both pro and con issues and emotion pairs that you can think of. Then ask yourself, "Are there any other issues (and associated emotions) for me?"

Con Reasons	Con Feelings	Pro Reasons	Pro Feelings

Here are some ABC tools I can use to deal with the changes and my feelings:

1. _____
2. _____
3. _____
4. _____
5. _____