



# The Transition Model

The Transition Model is a lense to view each person’s experience when coming home. There is a process in transitioning from one place to the next and it can get hard sometimes when there are multiple transitions. Use this to help understand and normalize a missionary's feelings and to understand where they are in the transition.

## Phases in Transition

	Belonging	Leaving	Chaos	Entering	Re-Belonging
OUTWARD SOCIAL POSTURE	Fit in Reputation – known by others Understood by others Know what to expect: socially, work, school, church etc.	Conflict Withdrawal Marginalized Closure – celebrations/ farewells	Status-lessness Isolation Structure-less Confusion	Marginalized – don’t belong Uncertain how to fit in/ what to do Observer Initiate Relationships – take risks	Fit in Reputation – known by others Understood by others Know what to expect: socially, work, school, church etc.
INWARD THOUGHTS	Commitment – to friends, work, church Responsive to others Responsible	Disengaged from responsibilities & people Criticism of what is being done Temporary status	Exaggeration of problems Self-centered Misunderstanding of people & situations	Misinterpret others behaviors and words Mistrust Naiveté	Commitment – to friends, work, church Responsive to others Responsible
INWARD FEELINGS	Security Intimacy Safety Affirmation Acceptance	Rejection Resentment Grief – sadness Dissonance Anticipation	Anxiety Fear Uncertainty Grief Disappointment: self & others	Vulnerable Ambivalent Depressed Easily offended Loss of identity/value	Security Intimacy Safety Affirmation Acceptance

Originally adapted by Ken and Kay Harder, 2008 from the Transition Model by David Pollock, Interaction International