

# Changes

Making a change is often difficult but you've done it before. Think about other big changes in your life and how you got through them.

*Check off any changes you have already handled.*

**Add to the list**

- moving to a new home
- changing schools
- changing doctors
- changing care givers
- changes in your family
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What did you do to make the change go well? Are there things you can learn from these changes? Make a note of something you learned about change that you can apply to the change to adult health care.

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How did your family / friends help you cope with these changes?

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