

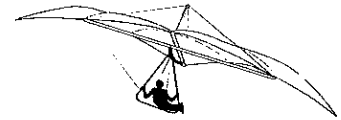
## Saying Good-Bye: What is your Good-Bye Style?

There are many different ways in which people "say good-bye", and their coping method with this change shows itself in different ways, such as:

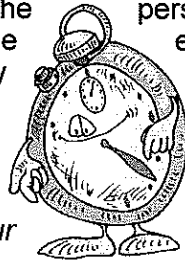


**LET'S GET ANGRY!** This is the person who finds that it is easier to leave a place that he/she doesn't really want to be anyway. By picking a fight or expressing anger, the individual buys time to not deal with all the other emotions he/she may be dealing with (sadness, regret, frustration, anxiety, fear, etc.). Anger functions well as a cover-up emotion and enables the distancing to occur emotionally even before the physical "end" and distancing comes. The key here is to *try to get in touch with your feelings*.

**LET'S HANG ON!** This is the person who basically decides that if he/she hangs on, he/she won't really be leaving. He/she may talk about going back to his/her mission site, visiting, etc. *Stay in touch, but ritualize an "end" to the experience (e.g., a going away party, etc.).*



**HOLD BACK THE CLOCK!** These are the everything they can possibly do before the feel like they have more time than they person who tries to distance himself/herself, himself/herself more deeply. He/she is didn't do everything I wanted to do) and keep him/her busy enough to assist in not can help. *Slow down to articulate your in sharing the impact you have made (e.g.,*



persons who basically decide that if they do end of the mission assignment, they will actually have. In opposition to the angry the clock person tries to immerse often driven by a fear of regret (e.g., I uses his/her higher level of activity to coping with the coming transition. *You accomplishments AND facilitate others from staff or those you have served).*



**LET'S JUST SIT AND WAIT!** Others will simply detach themselves completely. If he/she were an image on the television screen, he/she would be the person who simply fades out slowly. He/she may become less motivated at work (and at home) and just slowly detach, bit by bit, piece by piece, so that when the "end" comes, there's so little of him/her present, there's not much to take away. *Acknowledge your increased detachment. Find ways to "leave a mark" on your mission.*

**LET'S LOOK AHEAD!** This is the grass will get pain and loss of transition by focussing on what of their journey. He/she begins to live in the is a story of early detachment which may behaviors. Staying in the present is always *make the present more palpable and history, the future is mystery, the now is gift,*



greener person. He/she copes with the she will be gaining in the "what's next" future to avoid the present. Again, this slow itself in many different types of helpful. *Plan special events/activities to enjoyable. Remember, the past is that is why it is called the present.*

**WHAT'S THE BIG DEAL?** This is the person who simply does not see the transition as significant. This person will probably challenge the need for closing dinners, ceremonies, and too much attention to the matter. They see the end as just another day, and another time. Often, these individuals will have a delayed reaction—their good-bye process will not even begin until after they are gone. *Learn the different ways of dealing with transition and acknowledge that everyone has a different way of coping.*



# FEELINGS

## That People Have, But Often Fail to Identify

Abandoned	Competitive	Exposed	Ignored	Pain	Silent
Able	Condemned	Exasperated	Immortal	Panicked	Shocked
Adequate	Confident	Exhausted	Impatient	Parsimonious	Silly
Adamant	Confused	Exhilarated	Imposed Upon	Patient	Skeptical
Affectionate	Conspicuous	Explosive	Impressed	Peaceful	Sleepy
Afraid	Contented	Expressive	Inadequate	Persecuted	Sneaky
Agony	Contrite	Exuberant	Infatuated	Petrified	Solemn
Agreeable	Cozy	Evil	Infuriated	Pity	Sorrowful
Alert	Cruel		Inspired	Playful	Sorry
Alone	Crushed	Fascinated	Insignificant	Pleasant	Spirited
Ambivalent	Culpable	Fawning	Intimidated	Pleased	Spiritual
Angry	Cute	Fearful	Isolated	Powerful	Spiteful
Animated		Flighty		Precarious	Spontaneous
Annoyed		Flustered	Jealous	Pressured	Spunky
Anxious	Deceitful	Foolish	Joyous	Pretty	Stable
Apathetic	Defeated	Forgotten	Jumpy	Prim	Startled
Apprehensive	Delighted	Frantic		Prissy	Stingy
Astounded	Desire	Frustrated	Kind	Proud	Strange
Astonished	Desirable	Frightened			Strong
Awed	Desirous	Free	Laconic	Quarrelsome	Stupid
	Despair	Full	Lazy	Queer	Stunned
Beautiful	Destructive	Fun	Lecherous	Quiet	Stupefied
Betrayed	Determined	Fury	Left Out		Suffering
Bitter	Different		Light	Radiant	Suppressed
Blissful	Diffident		Lively	Rage	Surprised
Blue	Diminished	Gay	Lonely	Rapture	Sympathetic
Bold	Disagreeable	Generous	Longing	Real	
Bored	Disappointed	Giving	Loving (Love)	Refreshed	Talkative
Brave	Disorganized	Glad	Low	Rejected	Teary
Bright	Discontented	Gratified	Lustful	Relaxed	Tempted
Brilliant	Distracted	Greedy		Remorse	Tenacious
Bubbly	Distraught	Grief	Mad	Resilient	Tenuous
Buoyant	Disturbed	Grounded	Maudlin	Responsible	Tense
Burdened	Dominated	Guilty	Mean	Responsive	Tentative
	Dubious	Gullible	Melancholy	Restless	Terrible
Calm	Dumb		Miserable	Reverent	Terrified
Capable			Mistreated	Rewarded	Threatened
Carefree	Eager	Happy	Mortal	Righteous	Thrilled
Caring	Ebullient	Hate	Mystical		
Captivated	Ecstatic	Healthy		Sad	Used
Centered	Electrified	Heavenly	Naughty	Sassy	
Challenged	Empty	Helpful	Neglected	Sated	Vital
Charmed	Enchanted	Helpless	Nervous	Satisfied	
Cheated	Energetic	High	Niggardly	Scared	Weak
Cheerful	Energized	Homesick	Nutty	Secure	Wicked
Cherished	Energized	Honored		Selfish	
Childish	Enjoy	Horrible	Obnoxious	Serene	Yearning
Childlike	Envious	Humorous	Obsessed	Servile	
Clean	Embarrassed	Hurt	Odd	Settled	
Clear	Enthusiastic	Hysterical	Open	Sexy	
Clever	Erotic		Outrages	Shining	
Combative	Excited		Overwhelmed	Shut Down	