

# Major Life Changes

**Major life changes literally shake up our world** and invite or pressure us to interact with life in new ways. To grow we need to mature in our belief systems to allow for new levels of responding and experiencing.

Take your time and scan the list. Check ✓ (*next to the dot*) those that you have personally experienced. Then next to the word, briefly write how it changed your life and what you have learned from it. Be thoughtful in your replies – USE YOUR WORDS!!! 😊

## Significant Life Changes

- addictions
- bankruptcy
- career change
- change in religion
- changes in education
- children arrive
- children leave nest
- chronic pain
- confrontation with authority
- connecting with symbolic, universal realities
- crime - perpetrator or victim
- death of one or more people close to you
- depression of yourself or someone close
- different cultures and customs
- divorce
- emotional to cognitive processing
- environmental shifts

- fall in love
- fame
- financial windfall
- illness
- injury
- left to right brain processing
- loss of job or income
- major change in income
- major dietary changes
- marriage
- menopause
- mid-life crisis
- natural and man-made disasters
- puberty
- negative to positive thinking
- overcoming victim hood and being 100% accountable for everything
- positive to higher spiritual thinking
- progressively sensing experiences, lessons, meaning and purpose of all events and encounters
- purpose - loss of
- relocation
- retirement
- suicide of someone close
- war, physical conflict