

## Chapter 5

### The Product: Evaluating Progress and Outcomes

(1 exercise)

#### *Exercise I: Planning for Transitions*

This exercise provides an opportunity for self-reflection of transitions and draws parallels to the ways Personalized Recovery Oriented Services (PROS) practitioners can support individuals as they plan for life and/or service transitions.

#### Directions:

1. Participants in the exercise pair up with a partner.
2. Taking turns, each participant interviews the other about transitions he or she has experienced in his or her life. These might include professional transitions, such as job or career changes, relocation to a new town, ending of an important relationship, or lifestyle changes. Each person should share what he or she considers was a “successful” transition as well as a transition that was not as successful. Allow at least half an hour for each person to interview the other. Suggested interview questions include:
  - What went well in the transition?
  - What went poorly in the transition?
  - What were your feelings during the transition?
  - Looking back, what would you do differently?
  - What lessons did you take from the experience of transition?
  - How did you cope with elements of the transition that you consider less than successful?