CHANGE

Change is hard
It breaks routine, the expected
Brings fear and loneliness
Forcing you to dig in deep for strength
Taking unexpected risks
Pushing you into the unknown
Standing all alone

Our skin toughens,
Roots grow deep and branches reach out
Finding connections that bring possibility
You can relax
Change can be healing

Topic
Reasons
Feelings
How is it good/bad

Turning point
How can we learn from it?
What good can come out of it, if any?
Ending thought