

Understanding the Re-entry Transition Process

to Better Serve as a *Returning Well* Companion

Leaving

Decision: Deciding to leave host culture initiates transition, even if actual departure is several months away (*Handle with care the reason for leaving.*)

Detachment: Letting go and saying goodbye to one's host culture life and relationships while at the same time beginning to think about the next stage of life in one's primary culture (*Questions from this phase may linger into the Re-entry Stage.*)

Departure: Completing final preparations to leave, quite hectic and exhausting (*Grief during this stage impacts how grief is experienced in re-entry.*)



Remember

- Every transition is unique, just like every person is unique. Be sure to truly listen to your friend to fully hear about their actual transition experiences and emotions.
- Put to good use all of the elements of a Companion from the “Stepping into Your Role as a Companion” webinar.

Upheaval

The period of time when a returnee is traveling to the next place of residence and is in between places. (*Returnees can feel conflicting emotions—numbness, confusion, anxiousness, sadness, and yet perhaps also excitement and hopefulness.*)



Next steps

- As a *Returning Well* Companion, ask yourself the following questions:
- What items most stood out to me in this webinar?
 - What is significant about those pieces of information?
 - How will knowing those pieces of information change how I relate to my friend as they walk the road of re-entry?

Re-entry

Settling: Working to function again in one's primary culture (*This is usually very exhausting because of the number of tasks as well as adjusting to culture.*)

Processing: Understanding experiences and emotions related to cross-cultural life and re-entry, a time to debrief and reach renewal by using *Returning Well* (*How well a person processes during this phase effects how healthily he or she will re-engage their primary culture for years to come.*)

Re-engagement: Finding a new normal (*Re-engaging well means reaching renewal and thus experiencing revitalized health—physical, mental, emotional, spiritual, relational, and vocational—in one's primary culture.*)

