**Examples of Challenging Life Transitions:**

* Growing up and moving away from home
* Adjustment to college or the workplace
* Marriage
* Arrival of a new baby
* Parenting an infant, child, or adolescent
* Empty-nesting
* Divorce or separation
* Recovery from marital infidelity
* Retirement
* Job loss or career changes
* Relocation of household
* Financial gain or loss
* Serious illness or disability of self or a loved one
* Issues of aging
* Death of a loved one
* Questioning life’s meaning and purpose
* Questioning faith or spirituality
* Questioning sexual or gender identity

When life changes are difficult and lead to stress, anxiety, depression, or have effects on daily life, a therapist can help you explore coping strategies.