

# PREPARE FOR THE BEST



Take some time to think about moving. Think about how it could affect your current relationships. As you consider the questions, notice any emotions that come up. Imagine yourself acting on those emotions and future ones in the best possible way, whatever that means to you.



What comes to mind when you think about changes in your relationships with people?



What have you done in the past that has helped you plan during a move?



Who can support you during this move?



How can you ask for that support?

It is also important to plan for future relationships:



Do you feel afraid to connect with new friends because it hurts too much to say goodbye?



What are some ways you cope with your fear?



What are some ways you are not afraid to connect with new people?

Learn more about coping with change and building relationships at:  
<https://militarykidsconnect.health.mil/Relationships>