



Leaving Well & Staying Well – 10 Tips

From Jerry Jones, The Culture Blend, May 22, 2014

1. **Make a Plan**

The last days of your expat experience, you will be wrapping up everything and your schedule will get filled. Reserve time with your closest friends so unexpected events or invitations won't interfere. *It's OK to say No!

2. **Build a RAFT**

Developed by the late Dr. David Pollock. (Google it for more - try Pollock RAFT)

Reconciliation: Strained or broken relationships don't go away when you do. Make it right.

Affirmation: People are dense. Don't assume they know how much impact they have had on your life. Say it well.

Farewell: Different people need different goodbyes. Think beyond people (places, pets and possessions too).

Think Destination: Even if you're going "home," much has changed – including you. Brace yourself. Think forward.

3. **Leave Right Now**

Leaving is a process, not an event! You started leaving when you made the decision to go.

4. **Give Your Best Stuff Away**

Bless others and show your love to those around you.

5. **Photo Bomb Everything**

Pictures are worth a thousand words and these memories will last for decades.

6. **Rank Your Friends**

Not best to worst. But with your closest friends, maybe you can go away for the weekend. Close friends, you can go to dinner. Good friends, you can go out as a small group, etc.

7. **Don't Fret the Tears or the Lack Thereof**

Emotions will be in full swing during this rollercoaster of change, so embrace them – tears or no tears.

8. **Get specific**

Tell people how much they mean to you, but not just generically speaking.

- What have they done that means so much to you?
- How has that impacted your life?
- What qualities have they shared that you are taking with you?
- What are some specific examples?
- How are you a better person for knowing them?

9. **Do Your Homework**

What needs to be cleaned in your apartment? What about new visas or paperwork?

10. **GRACE — Give it freely and keep some for yourself**

For the blog: <http://www.thecultureblend.com/leaving-well-10-tips-for-repatriating-with-dignity/>