|  |  |  |
| --- | --- | --- |
| Expected life event | Positive effect | Negative effect |
| Starting, being in and leaving education | * Learning to make new friends * Taking part in new experiences * Gaining qualifications | * Bullying * Leaving home to go to university can be upsetting * Feeling a lack of security |
| Moving house/location |  | * Loss of established friends and neighbours * Overwhelmed by the amount of work it takes |
| Entering and being in employment | * Reaching a career goal * Having regular finance * Learning, training * Improved self esteem and self image |  |
| Living with a partner/marriage/civil ceremony |  | * Loss of independence * One partner may have power over the other |
| Parenthood | * Bonding experience * Shared experience for both parents * Bonding with wider family |  |
| Retirement | * Time to enjoy personal activities * Spend time with friends and family * Spend saved money * Away from a set routine | * Loss of routine * Loss of role at work * Reduced social activities * Loss of money * Changed self image |

|  |  |  |
| --- | --- | --- |
| Unexpected life event | Positive effect | Negative effect |
| Death of a partner, relative or friend | * Change of lifestyle * Sense of release if the illness was giving the person pain or poor quality of life * Partner may champion a charity or cause | * Unable to adopt a new lifestyle * Loneliness * Depression |
| Accidents and injury, ill health |  | * Unable to adopt a different lifestyle * Anger at situation * Reduced income |
| Exclusion, dropping out of school | * Try to look at alternative placements * Motivation – trying to do better next time |  |
| Imprisonment | * Learn a trade in prison * Time to consider a different lifestyle | * May turn to further crime * May be lead into drugs in prison * Unable to get employment due to criminal record |
| Redundancy/unemployment |  | * Low self-esteem * Change in lifestyle due to reduced income * Stress and anxiety |