

Using a RAKE in Transitions



<i>R- Reconciliation</i> List names and ways that you can make peace with people who are leaving.	
<i>A-Affirmation</i> Who is important to you? Tell them, especially if they are leaving. Write out ways that you will tell them thank you.	
<i>K-Keep in Touch</i> Write out ways that you will keep in touch with friends who are leaving.	
<i>E-Explore</i> Write names of people you would like to get to know better. Write clubs, sports, groups, and/or activities that might interest you and you might try. List ways that you can meet new people.	

UNDERSTANDING the R.A.K.E.

RAKE is used for students who are staying at the same school but have friends who are leaving. It is a modification of RAFT, which is for students who are leaving, developed by the late Dave Pollock, founder of Interaction International.

R- RECONCILIATION- Begin by asking yourself if you have any relationships that need mending. Is there any unfinished business between you and someone you are in relationship with? This is the time to give and receive forgiveness. Bitterness and regret stemming from lack of closure and resolution inhibit good grief and adjustment when somebody leaves. Mend your fences!!

A- AFFIRMATION- This is the time to thank the people who have been involved in your life. Affirm the relationships you have made and what they have meant to you. Take the time to tell people what you have learned from them and how grateful you are for them. Try to leave as little unsaid as possible when you leave a place.

K- KEEP IN TOUCH- Both say good-bye to the people, places, and pets that will be leaving, and set up ways to keep in touch. In addition, take both lots of pictures and the time to say culturally appropriate good-byes. (Some cultures require a lengthy departure process.) Particularly difficult farewells are the ones that are generally rushed or put off, so plan ahead, give the farewell its due, and make plans for how you will stay connected.

E- EXPLORE VALUES AND OPTIONS- Think and dream about how you want things to be where you live, but be very honest about the expectations you have for the people and situations that you will encounter. What could you do similarly or differently to make things that way? Think ahead to what scares you or excites you. How could you get involved in new activities or with new people? If at all possible, put concrete plans in place.

Modified from: <http://theirrationalseason.blogspot.com/2008/04/raft.html>

