

### **Talking about life changes with be used to and get used to**

*Choose a change in your life such as one of those below and talk about your feelings about those changes, with topics like:*

- how well or badly you coped with the changed
- big changes and smaller changes
- changes that were difficult and easy for you
- changes that your previous life had prepared you for
- changes that were instantly or quickly okay
- changes that slowly or never became okay
- things which are still difficult now

*Your partner will listen, ask for more details, then share their similar or different experiences and feelings.*

### **Changes related to homes**

- Children moving out/ Empty nest
- Living alone
- Move house
- Move out/ Leave home
- Moving from a house to a flat/ Moving from an apartment to a house
- Moving in with someone
- Moving rooms
- Moving somewhere smaller/ larger
- Renovate a house/ Decorate a house
- Sharing a house
- Staying with a host family
- Staying with in-laws

### **Other changes**

- Become a parent/ grandparent/ uncle/ aunt
- Being pregnant
- Being promoted
- Children growing up
- Getting married
- Getting older/ Getting old
- Leaving university
- Living abroad
- Losing your license/ Selling your car
- Moving from school to university
- Puberty/ Adolescence/ Being a teenager
- Splitting up/ Getting divorced
- Starting school/ Starting kindergarten
- Starting to drive/ Getting a car
- Starting work/ Starting a new job
- Stopping work (e.g. retiring)