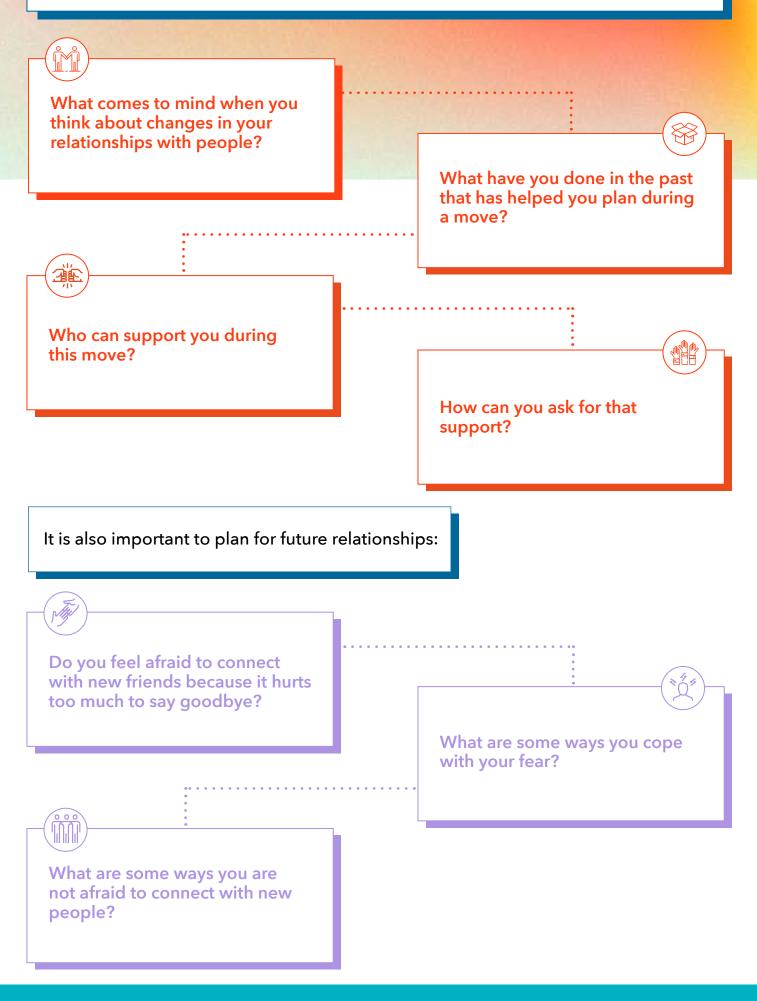
## PREPARE FOR THE BEST



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.



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