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~~Transitions~~ Transitions of one's personality and inner values may be challenged in the process of significant experiences. Transitions may occur in the physical or emotional ~~features~~ form and may urge the individual to dig deep into the meaning of change. These features are explored in J.C. Burke's, "The Story of Tom Brennan," ~~as~~ well as Three Days Grace's song, "On my own." The physical form of transition is often a relocation or direction into a new world. This may act as the emotional catalyst for change allowing for the individual to adapt to new conditions. ~~exactly~~

A physical change may alter an individual's attitude, causing ~~new~~ confusion and ~~disorientation~~ <sup>loss of connection</sup> with their old world. This is evidently explored in J.C. Burke's novel, "The story of Tom Brennan." Tom's physical relocation from Mumbilli to Coghill had promoted a distraught and worn down family to be created. "... Past the ugly words that told us we were no longer wanted." The elipsis at the start <sup>calls</sup> ~~of the~~ <sup>the</sup> audience to engage with the character. This helps see Tom's true emotion, the confusion and helplessness that he had ~~because~~ <sup>because</sup> of his brother's accident. "These days my energy felt capped," ~~and~~ <sup>and</sup>

"always slopping around" are key aspects to Tom's physical feelings. The emotive ~~adjective~~ language demonstrates Tom's weariness and physical state, how he has transformed from his days on the ~~football~~ football field to this point. "It was the most fun I'd had in months," we see Tom's transformation occur on the football field. This motif of rugby is the catalyst for change as it allows Tom to recreate his social and physical life.

The emotional transformation is emphasised through Tess' gradual progression, in turn, helping her family. "Mum was over in the corner, curled up in a little ball." This imagery produced by the character allows the audience to visualise Tess as an immature child that is unprepared to face the true realities of her sons actions. ~~Her~~ <sup>Her</sup> ~~attitude~~ <sup>attitude</sup> progresses to a more mature motherly like parent. "One small step for humans, one giant leap for mankind" ~~After~~ After witnessing her distraught family unit, Tess accelerates her own emotions and moves on which provides change for Tom. The motif of darkness is exemplified to extend the emotions of Tom's experiences.

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"There's nothing as black and empty as pain felt." The deceptively simple language displays emotion of despair and ~~stark~~ emptiness. Tom extends his notion of feelings with darkness, metaphorically naming his grandmother's room as "The cave". This metaphor adds emphasis to how dark and dim his emotions were. The imagery produced by this is a light in a tunnel ~~stark~~ displays the darkness and light. The exit of his conch zone will allow Tom to reach the light, the place of happiness and forgiveness.

~~The attitude of Tom to the world changed with~~

~~the right belief in self acceptance~~

Similarly, the emotional production of belief and attitude transformation is explored in "On my Own," a <sup>music video</sup> ~~song~~ composed by Three Days Grace. ~~At the end~~ "Forget about the times I used to know". Repetition of a chorus represents the main idea of the song. The artist is trying to forget the past experiences as they are not of good ~~and~~ manner. Differing from Tom Brennan, the song reflects change out of his own mistakes, not someone else's. The aggressive tone displayed throughout the video

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And the ~~constant~~ body language is a constant reminder of his own regretful attitude. Throughout the second verse, ~~his~~ his tone lowers, this ~~effect~~ <sup>engages the audience as</sup> ~~alters the~~ ~~calming~~ the calm style of music allows you to interact with the emotions of change. It is through these experiences of change that ones attitudes and beliefs may be re-evaluated.

The reshaping of ones attitudes may be greatly influenced by others. <sup>"The Boy on the Beach"</sup> ~~The Boy on the Beach~~, "The Story of Tom Brennan" a story composed by JC Burke greatly interprets this through various characters "I'm stuck in this shithole too?" The use of evocative dialogue demonstrates to the readers the emotional toll this experience of the crash has had on ~~the~~ more than just Tom in the family. Tom creates a program to help with the emotional state of everyone which eventually helps Tess and Daniel become motivated and determined. ~~This~~ This juxtaposes the feelings of happiness and despair, "Down Down, he glared in silence" ~~This~~ ~~reoccurring~~ ~~sense~~ sense of emotional distraught and emptiness is a motif used throughout the story. It is overcome with family. The beliefs of individuals may

alter their attitudes to allow for the transition to occur.

~~Therefore~~ In conclusion, the inner values of an individual may be challenged due to significant experiences. It is through the adoption of physical and emotional change that individuals may see a transition in attitudes. This is greatly expressed in both "The story of Tom Brennan," by JC Burke, and "On my own" composed by Three days grace".

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