The article presents the prerequisites, causes and conditions under which transformations in Eastern Europe from state socialism of Soviet type to parliamentary democracy of Western type began. The analysis focuses on the attempts to reform the system in the Eastern Bloc that actually lead to its weakening and collapse. The first emphasis is placed on the Soviet „perestroika” and its impact on the other countries of the Eastern Bloc. Briefly are presented the crisis events in 1989 in Eastern Europe and the Soviet response to the changes. The Soviet Union withdrew from the region, which after World War II had been its sphere of influence. In place of the Soviet Union came the West – the United States and Western Europe. The general conclusion refers to the geopolitical dependence of the region of Eastern and Central Europe. But the high social cost of the transformation was paid by the citizens of the former socialist countries.