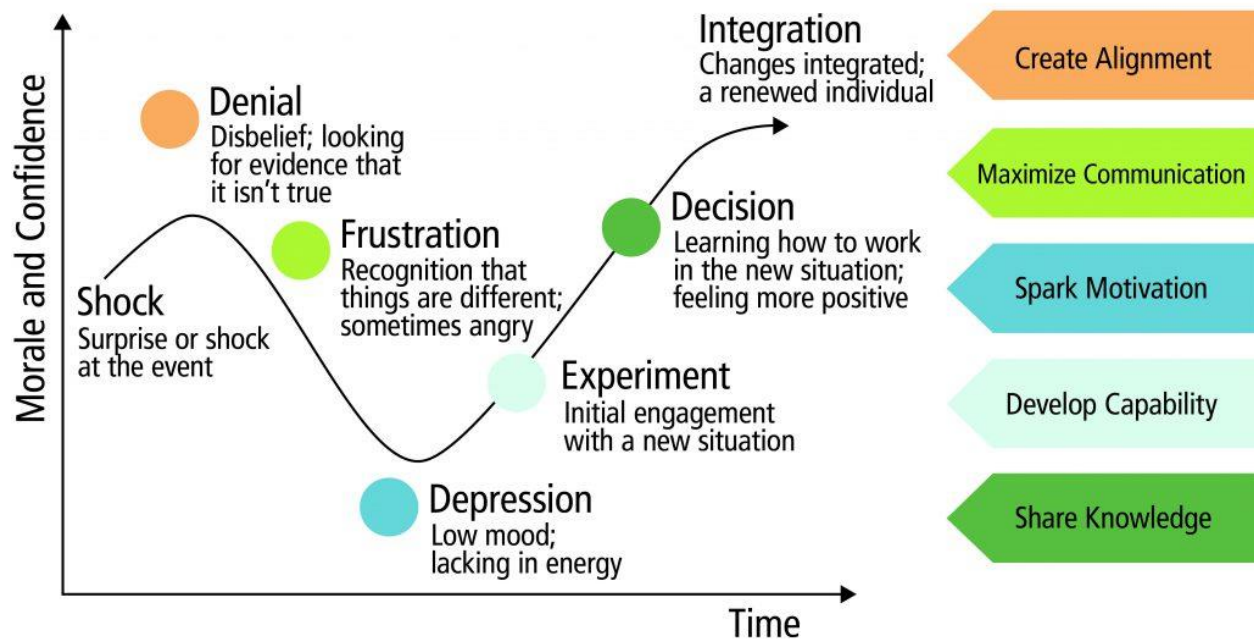


Understanding our emotional response in times of change

THE KÜBLER-ROSS CHANGE CURVE



The Change Cycle

This model was originally generated by Elizabeth Kubler-Ross in her 1969 book, 'On Death and Dying'. However, it was soon noted that this acts as a useful framework for a person going through any type of undesired change.

The progression of states is:

Shock – and disbelief – “is this really happening?”

Denial – "I feel fine." Denial is usually only a temporary defense for the individual. This feeling is generally replaced with heightened awareness of the position they may be in

Anger/Frustration – "Why me? It's not fair!"; "How can this happen to me?"; "Who is to blame?" Once in the second stage, the individual recognizes that denial cannot continue. Because of anger, the person is very difficult to care for due to misplaced feelings of rage

Depression – "I'm so sad, why bother with anything?"; "What's the point?"; Nothing is worth the effort – there are few or no bright moments

Experiment – "It's going to be okay." I might be able to cope with this and get used to it

Decision - deciding to move towards the change and start to see if there are areas that can be seen in a positive light

Integration – the change(s) start to feel more comfortable and there can be some positives that come out of this

Don't forget it is possible to go backwards on this curve!