

CHANGE

**STAGE 6
INTEGRATION**

- Satisfaction
- Focused
- Generous

**STAGE 1
LOSS**

- Fear
- Cautious
- Paralyzed

**STAGE 5
UNDERSTANDING**

- Confidence
- Pragmatic
- Productive

**STAGE 2
DOUBT**

- Resentment
- Skeptical
- Resistant

**STAGE 4
DISCOVERY**

- Anticipation
- Creative
- Energized

**STAGE 3
DISCOMFORT**

- Anxiety
- Confused
- Unproductive

DANGER ZONE

