

STAGE	DENIAL/SHOCK	ANGER	GUILT	BARGAINING	DEPRESSION	ACCEPTANCE
Describe	Don't want to believe or accept. This is really no big deal.	Lashing out, mad or upset. Rage for no reason. Irrational.	Feel responsible. Self-blaming.	Make a deal w/ God or whomever. Try to change or redo situation. Contract. If I _____ then you _____.	Down, sad, alone, left-out, withdrawn.	Letting go. Ability to go forward with life. Renewed energy & self-esteem.
Words & Thoughts	It's not true. I know it will turn out to be a mistake. This is just a dream.	I HATE YOU! This is unfair. It's all your fault. I'll get you for this.	What did I do? It's all MY fault. I always do it wrong. They'd be better off without me.	I'll promise to do/be_____if only this isn't true. Try to redo/undo situation.	I don't care. It's HOPELESS. It will never be OK again. What's the point of trying?	It's OK. I can handle it. Things will be all right now. I still have a life and can go on.
Feelings/ Actions	Act like nothing has happened. Avoid issue Feel numb & stunned. More/less active.	Frustration, irritability, pouting, sulking, raging. Verbal & physical hostility. Attacking.	Blame self. Take responsibility for situations you did not cause.	Do better at activities. Act overly mature or responsible.	Hopelessness Helplessness. Uncontrollable crying, moodiness, fear of being rejected. Loss of weight. Insomnia.	Increased trust in self & others. New sense of purpose. Sense of future. Relief. New self-esteem & confidence.
Bodily Signs & Symptoms	Muted affect. Hyperactivity. Physical exhaustion. Insomnia, Restless or sleeps a lot	Increased heart rate. Shortness of breath. Insomnia. Headaches. Chest pains, Mood swings.	Headaches. Chest pain. Muscular tension. Fatigue. Upset stomach. Diarrhea.	Increased heart rate. Insomnia. Muscular tension. . Diarrhea. Anxiety. Headaches. Chest pain	Mental & emotional confusion. Disorientation. Loss of appetite or overeating. Can't concentrate, tired all time. . Weight loss/gain Overly emotional.	Return to normal in all bodily functions.

This site last updated November 20, 2005

www.insidejobscoach.com

©2005 Sandra Abell
all rights reserved

