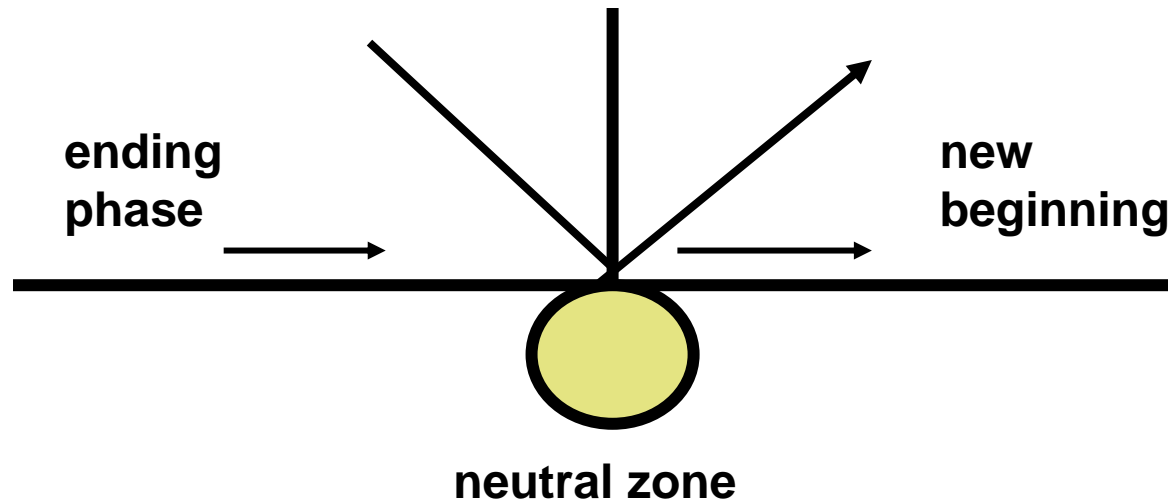


Understanding Transition



Endings



- Shock
- Denial
- Anger
- Hostility
- Pain
- Grief
- Despair
- Emotionally unable or unwilling to see the benefit.
- Being blocked from possible alternatives

Neutral Zone



- Withdrawal
- Depression
- Helpless
- Hopeless
- Resistance to Change
- Confused
- Uncertain
- Cautious

New Beginnings



- Exploration
- Resolution
- Commitment
- Excitement
- Sense of Belonging
- New Energy
- Learning New Skills
- Letting go of past behaviors/attitudes that don't fit anymore
- Teamwork forms