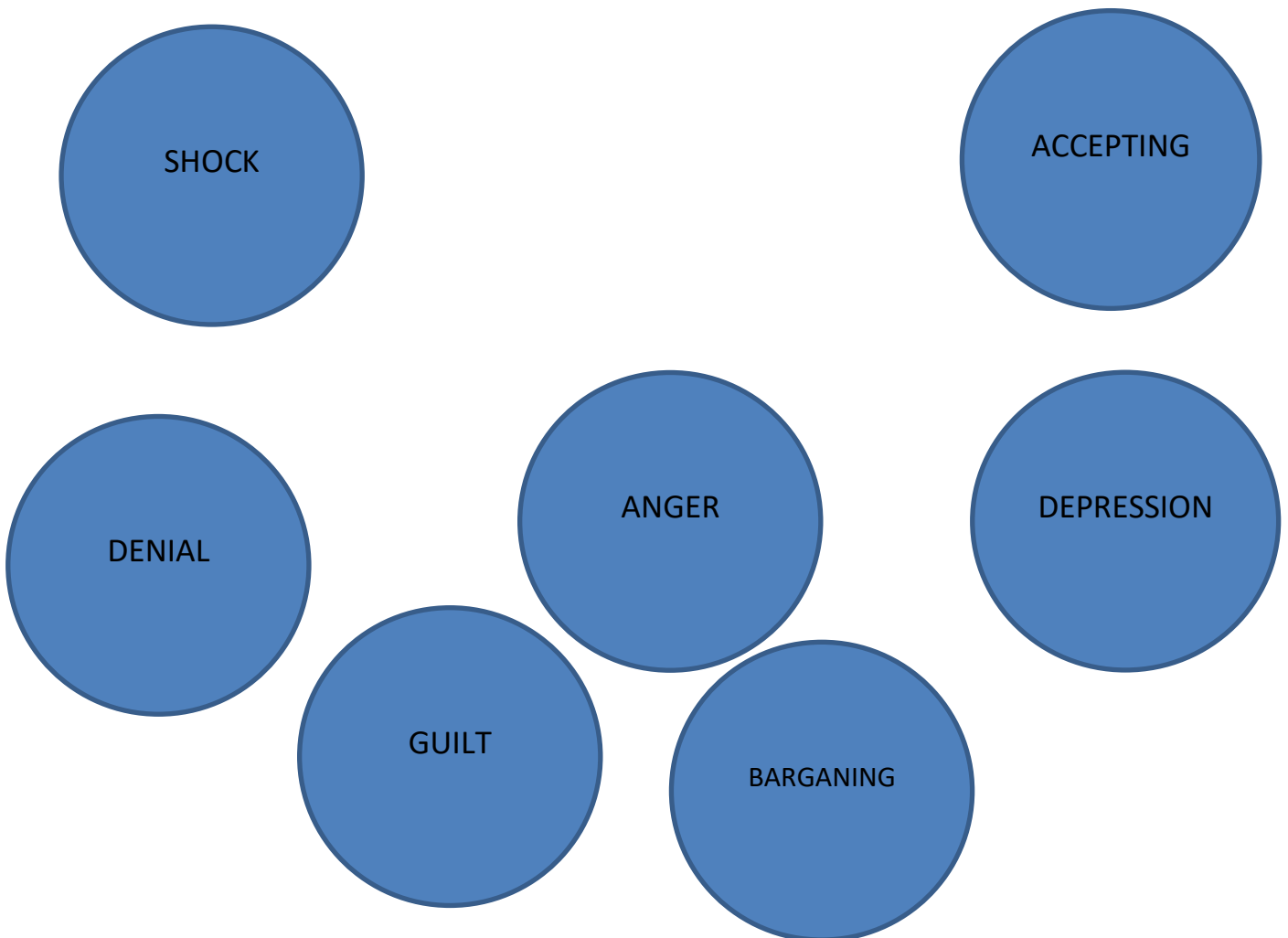


A LITTLE
PROGRESS
EACH DAY
ADDS UP
TO BIG RESULTS

SEVEN STAGES OF GRIEF



ACCEPTANCE A still sadness may remain but it is balanced by wider joy of life.

SHOCK "I do not believe it, I not sure what to do or how to be.

DENIAL "If I ignore this, it will go away" "Carry on regardless".

ANGER How to manage it appropriately

GUILT Self questioning "I should have done things differently" "How can I manage it".

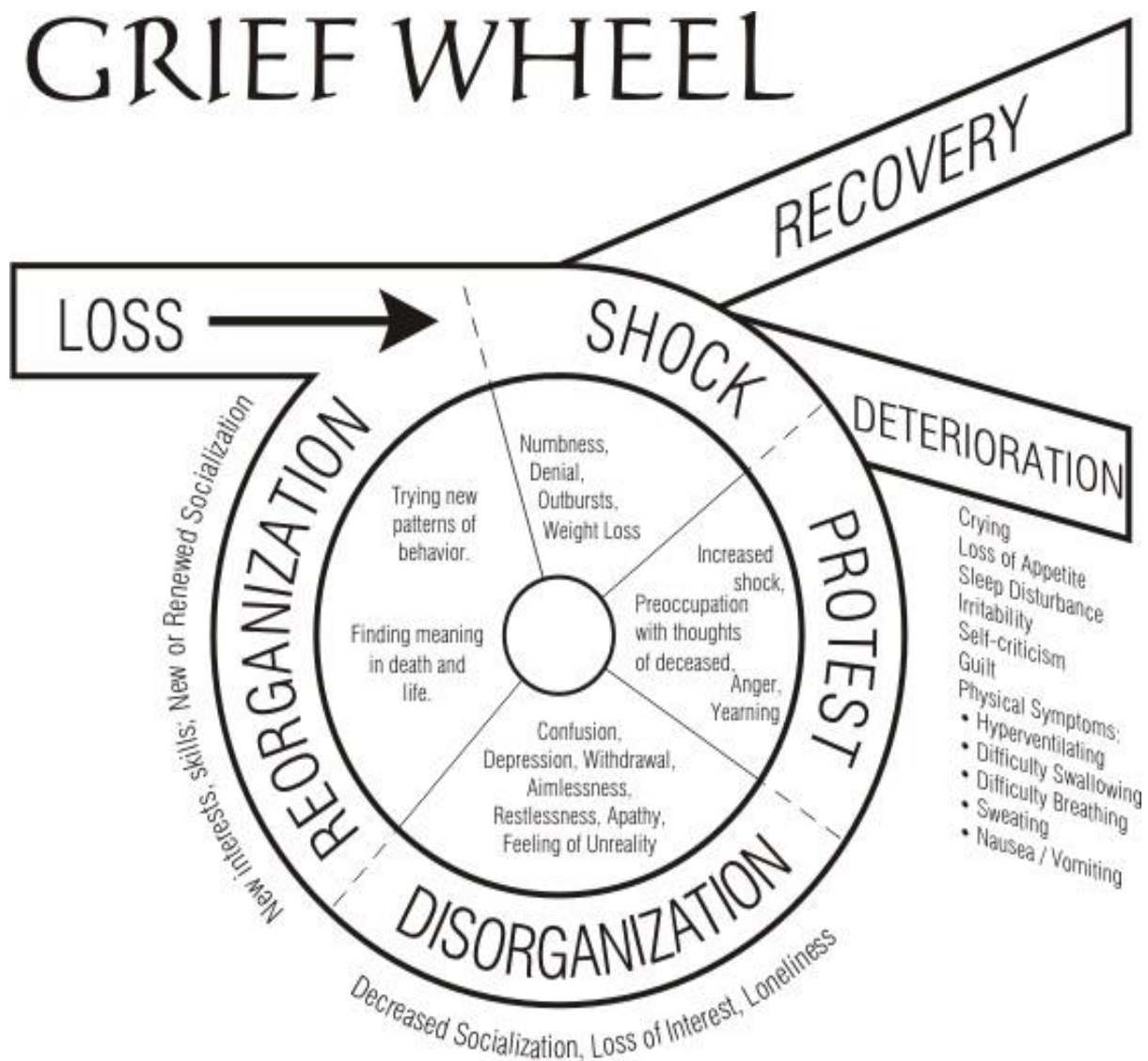
BARGAINING "If I try this/that maybe you will come back"

DEPRESSION Feeling powerless. "What is the point"

LIVING THROUGH LIFE EVENTS - SESSION 4

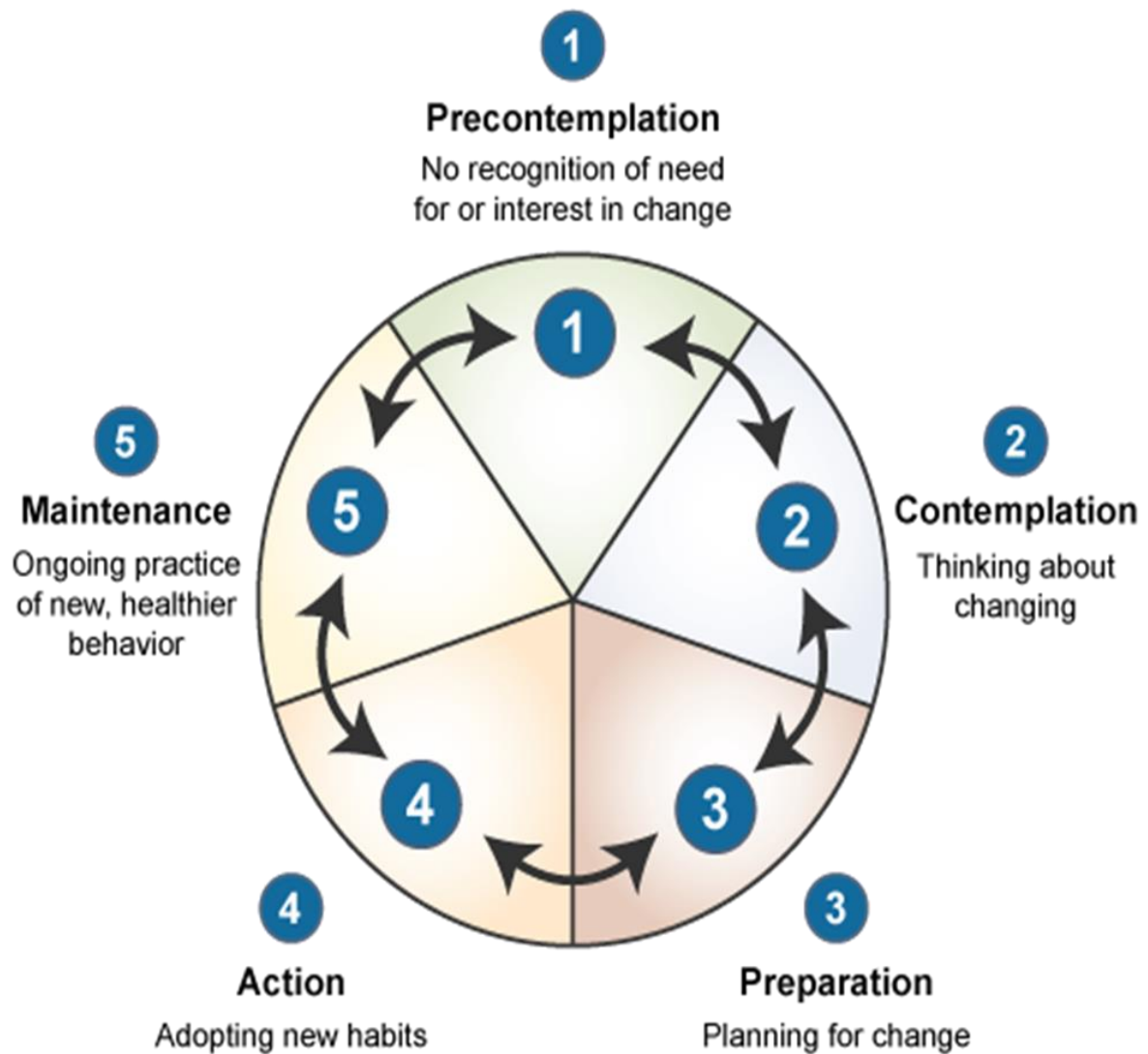
People move from one emotion to another. It is difficult to find the difference between Denial and Acceptance at times, In denial loss is remembered by hard emotions of eg fear, self-doubt, anger etc. Acceptance there is still a sadness, but there is also energy to connect with life and people and live with a new value.

Another model of grief...



LIVING THROUGH LIFE EVENTS - SESSION 4

THE CYCLE OF CHANGE – (Prochaska, DiClemente & Norcross, 1992)



LIVING THROUGH LIFE EVENTS - SESSION 4

Trans theoretical Model of Intentional Behaviour Change
(DiClemente & Prochaska 1998)

This model describes a series of stages through which people progress as they change particular behaviours.

Stage 1 - Pre – contemplation

The person is not currently considering change
They may be Reluctant, Rebellious, Resigned or Rationalising.

Stage 2 – Contemplation

Individual undertakes a serious consideration of the reasons for and against change
Contemplation to change does not mean commitment.

Chronic contemplators substitute thinking for action.
THIS STAGE can TAKE A LONG TIME!

Stage 3 - Preparation

Planning and commitment to change are secured.

Stage 4 - Action

Implementation of change plan,
greatest level of commitment, time and energy.

Stage 5 - Maintenance

Person works to maintain and sustain long term change.
Needs continual work.

Relapse

Living through Life Events

My thoughts and feelings - Session 4.

A large empty rectangular box intended for writing thoughts and feelings.