

## Understanding The Change Cycle™ Stages

Recognizing why we think, feel, and behave the way we do during times of change is the key to boosting your resilience. Each stage has specific tell-tale signs that once you recognize them, help you know what coping skill to provide to help move to the next stage.

### Stage 1: \_\_\_\_\_

- Thoughts: \_\_\_\_\_
- Feelings: \_\_\_\_\_
- Behavior: \_\_\_\_\_
- Coping Skill Needed: \_\_\_\_\_

### Stage 2: \_\_\_\_\_

- Thoughts: \_\_\_\_\_
- Feelings: \_\_\_\_\_
- Behavior: \_\_\_\_\_
- Coping Skill Needed: \_\_\_\_\_

### Stage 3: \_\_\_\_\_

- Thoughts: \_\_\_\_\_
- Feelings: \_\_\_\_\_
- Behavior: \_\_\_\_\_
- Coping Skill Needed: \_\_\_\_\_

### Stage 4: \_\_\_\_\_

- Thoughts: \_\_\_\_\_
- Feelings: \_\_\_\_\_
- Behavior: \_\_\_\_\_
- Coping Skill Needed: \_\_\_\_\_

### Stage 5: \_\_\_\_\_

- Thoughts: \_\_\_\_\_
- Feelings: \_\_\_\_\_
- Behavior: \_\_\_\_\_
- Coping Skill Needed: \_\_\_\_\_

### Stage 6: \_\_\_\_\_

- Thoughts: \_\_\_\_\_
- Feelings: \_\_\_\_\_
- Behavior: \_\_\_\_\_
- Coping Skill Needed: \_\_\_\_\_

### Planning ahead for change

Before a change is ever announced, leaders can create a plan to provide the coping skills people will need as they approach each stage. Thinking of the change you selected earlier, create your plan for helping you or others best cope with Stages 1, 2, and 3!

Stage 1 Plan: \_\_\_\_\_

Stage 2 Plan: \_\_\_\_\_

Stage 3 Plan: \_\_\_\_\_