# Deny

Commit / Acceptance
Where I am headed?
Focus
Teamwork
Vision
Cooperation
Balance

# Resist / React

Anger
Loss and hurt
Stubbornness
Depression
Blaming others
Complaining
Getting Sick
Doubting your ability

# Anticipate/Explore

What's going to happen to me? Seeing possibilities Chaos Indecisiveness

Unfocused work Energy

Clarifying goals Seeing resources

Exploring alternatives Learning new skills

# **Going Through The Change Stories**

**J Spring** 

**Going Through The Change Stories:** 

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