The Process of Transition

Anxiety
Can I cope?

At Last something’s going to change!

Happiness

Denial
Change?
What Change?

Fear
What impact will this have?
How will it affect me?

This is bigger than I thought!

Gradual Acceptance
I can see myself in the future

Hostility
I’ll make this work if it kills me!!

Moving Forward
This can work and be good

Threat
Did I really do that

Depression
Who am I?

Guilt

Coping

Depression
Who am I?

Gradual Acceptance
I can see myself in the future

Moving Forward
This can work and be good

Hostility
I’ll make this work if it kills me!!

© J M Fisher 2000

Denial
Change?
What Change?

This is bigger than I thought!

Did I really do that

Moving Forward
This can work and be good

Hostility
I’ll make this work if it kills me!!

Moving Forward
This can work and be good

Hostility
I’ll make this work if it kills me!!