***SPIRAL PROCESS OF CONSCIOUS CHANGE***

***FRAMEWORK / FORM***

* Basic belief we hold about who we are and how we relate to any subject
* Dictates our opinions, establishes our boundaries – personal reality
* The beginning point of all change

***CHALLENGE / CRISIS*** (Chinese character means 2 things – challenge & opportunity)

* Movement – an event – exposed to something new
* Realization that something has changed – beyond our control
* Status quo disturbed

***RESISTANCE / DENIAL***

* Uncomfortable, cycle of change
* Old and new collide – ambivalence and indecision
* Logic, conditioning and history argue for the past
* Always a pull forward toward the new – even the unknown

***AHA / AWAKENING***

* A sort of rescue – a breakthrough in the previous struggle
* A critical shift occurs here
* Sometimes very brief so attention is necessary

***COMMITMENT***

* We put all our resources (internal and external frequently) – time , money, energy
* This offers us a series of choices that bring new into manifestation

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***PRACTICE / PURIFICATION***

* Inevitable next step – takes us totally by surprise
* The actual transformation takes place here
* Often painful – old hurts and fears repressed during earlier parts of process rise up and require acknowledgment
* The time of dying to the old
* Our faith is tested in the new

***HARMONY / SURRENDER***

* Point in process when we actually become the new
* Characterized by synthesis and integration

*Reference:* G .Karpinski*, Where Two Worlds*

*adapted and distributed by Diana McKendree 2015*

***TASKS OF LETTING GO***

***ACCEPT THE REALITY OF THE LOSS***

* Minimum of 3 months time to accept on a cellular level
* Sudden death – extended considerably
* This is not the intellectual understanding of the event

***EXPERIENCE THE PAIN OF THE LOSS***

* Some say 2 – 4 years
* Aspects of the loss never completed
* Must experience on all levels – intellectually, emotionally, physically, psychologically, behaviorally and spiritually
* “Schmertz” – pain on all levels

***ADJUST TO THE “ENVIRONMENT” OF THE LOSS***

* Not only the physical but all levels of being
* Each role the individual played – on every level
* On-going process for the rest of one’s life

***RELEASE THE LOSS WHILE INVESTING IN THE NEWNESS OF LIFE***

* Gradual realization that life can be lived again with joy experienced
* Can take a moment or a lifetime as we shift and adjust to the “new”
* Reference: William Worden***, “Grief Counseling and Grief Therapy; A Handbook For Mental Health Professionals”***
* ***\*\*\*\*\**** 
  + ***FIVE STAGES OF COPING WITH IMMINENT LOSS/CHANGE***
* ***Denial and Isolation – a period of shock that functions as a buffer against overwhelming reality of the situation***
* ***Anger***
* ***Bargaining – pleas are made to God or doctor to forestall the loss or behaviors are undertaken to avoid grieving***
* ***Depression***
* ***Acceptance***

*ELIZABETH KUBLER-ROSS - 1969*