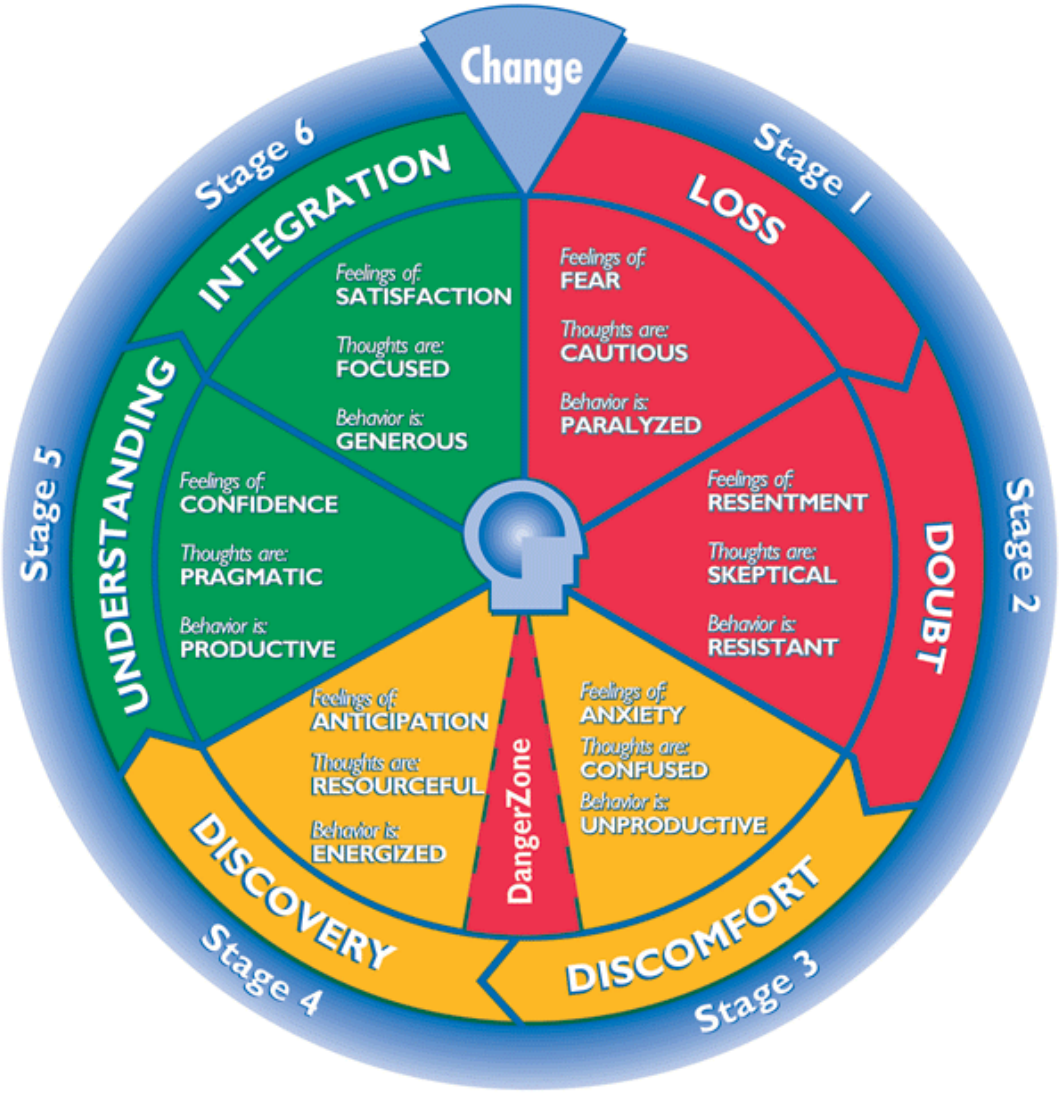
Change
Stage 1
LOSS
Feelings of:
FEAR
Thoughts are:
CAUTIOUS
Behavior is:
PARALYZED
Stage 2
DOUBT
Feelings of:
RESENTMENT
Thoughts are:
SKEPTICAL
Behavior is:
RESISTANT
Stage 3
DISCOMFORT
Feelings of:
ANXIETY
Thoughts are:
CONFUSED
Behavior is:
UNPRODUCTIVE
Stage 4
DISCOVERY
Feelings of:
ANTICIPATION
Thoughts are:
RESOURCEFUL
Behavior is:
ENERGIZED
DangerZone
Stage 5
UNDERSTANDING
Feelings of:
CONFIDENCE
Thoughts are:
PRAGMATIC
Behavior is:
PRODUCTIVE
Stage 6
INTEGRATION
Feelings of:
SATISFACTION
Thoughts are:
FOCUSED
Behavior is:
GENEROUS