



TPS Consulting Ltd.

## EMOTIONAL CYCLES OF CHANGE....

- **Denial**  
When confronted change, our first reaction is to deny the change. When denial does not make the change disappear we move onto...
- **Anger**  
We get angry about the change. We stay in this place until we realize our anger is not getting rid of the and now we start trying to negotiate the impact of the change.
- **Bargaining**  
We will attempt to reduce the impact of change by negotiating. Again...when we see the change is not going away we move onto:
- **Sadness**  
No matter we have tried....we are realizing that the change is not going away. Only when we have mourned, when we have been through our sadness and celebrated what was good about what we are leaving behind, are we ready to
- **Acceptance**  
To set the old behind us, pick up with the new, wonder what took us so long, and roar into the future.