

A MAP FOR YOU WHO WANDER IN THE LAND OF CHANGE

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Loss and
denial

Change

Shock

Here you don't believe that it is true.

Challenge

You know the terrain. It is hard, but not impossible. All you need is some time, then you'll do just fine. Mutual vision.

Withdrawal

Here you miss the old times. You might be sad.

Investigation

You start to look around. You still feel a bit dizzy. There is so much to do – "where should I begin?"

Being angry

Here you are mad and judgemental: no way! You might feel that you have been mistreated.

Passive acceptance

Here you say "yes", but only because there is no choice. You do only your own tasks, and don't care about anything else.

Resistance

Acceptance

