












STAR POWER

Thriving in Uncertain Times Selling “You, Inc.”

The Grief Cycle

<p>1</p>  <p>Event occurs</p>	<p>2</p>  <p>Shock Reality ≠ expectations</p>	<p>3</p>  <p>Denial Choosing a course of action contrary to the facts presented. Believing I have power in the situation.</p>	<p>4</p>  <p>Anger Strong outward negative emotionality linked to a personal attachment.</p>	<p>5</p>  <p>Depression Strong inward negative emotionality linked to a personal attachment.</p>
<p>6</p>  <p>Bargaining Examination of all potential alternatives & angles which could have been taken. “What if...?”</p>	<p>7</p>  <p>Sadness Gradual realization that the situation happened & I lost something important to me.</p>	<p>8</p>  <p>Acceptance Resolved that the event occurred & I lost something of value. Coming-to-terms with the fact that I have no power in the situation</p>	<p>9</p>  <p>Move-on. Begin again; wiser for the next event which occurs.</p>	

