

ATTITUDE:
6. THE CHANGE CURVE

*"IF YOU ALWAYS DO WHAT
YOU 'VE ALWAYS DONE,
YOU'LL ALWAYS GET WHAT
YOU'VE ALWAYS GOT!"*
HENRY FORD

*"YOUR LIFE DOES NOT GET
BETTER BY CHANCE, IT GETS
BETTER BY CHANGE!"*
JIM ROHN, ENTREPRENEUR

*CONSIDER THE CHANGES YOU HAVE HAD IN YOUR LIFE, AS YOU
HAVE GROWN UP AND GOT OLDER.*



....AS SIMBA SAYS IN THE LION KING, CHANGE ISN'T EASY.



*HOWEVER, IT IS A NECESSARY AND NORMAL PART OF LIFE, THAT
WE NEED TO LEARN TO COPE WITH.*



...LOTS OF RESEARCH HAS TAKEN PLACE INTO HOW WE DEAL WITH THE SIGNIFICANT CHANGES IN OUR LIVES SUCH AS AGE MILESTONES, CAREER CHANGES, LOSS OF LOVED ONES.



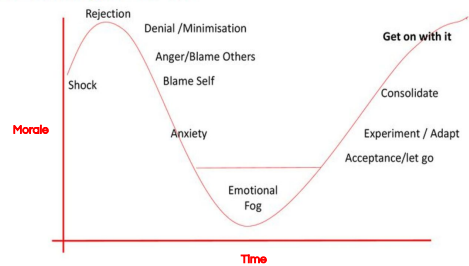
...FOR MANY OF YOU STARTING POST 16 STUDY WAS A HUGE CHANGE.



HOWEVER, THE PSYCHOLOGICAL PROCESS WE FOLLOW DURING ALL CHANGE SITUATIONS FOLLOWS A SIMILAR PATTERN IN US ALL:

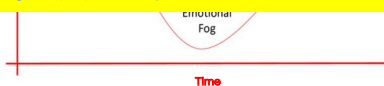


The Change Curve



The Change Curve

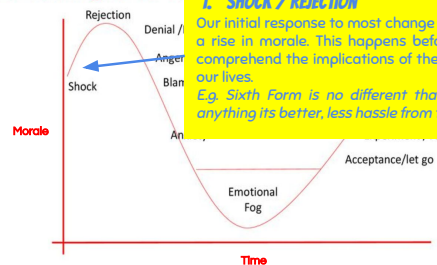
IN THE 1960'S, PSYCHOLOGIST ELIZABETH KUBLER-ROSS PROPOSED THE "CHANGE CURVE" (SHOWN IN THIS DIAGRAM). FOLLOWING HER STUDY OF PATIENTS WHO WERE TERMINALLY ILL SHE PROPOSED THAT ALL PATIENTS PROGRESSED THROUGH STAGES OF GRIEF, ENDING WITH ACCEPTANCE. THE SAME MODEL HAS SINCE BEEN APPLIED TO ALL SIGNIFICANT CHANGES IN PEOPLE'S LIVES.



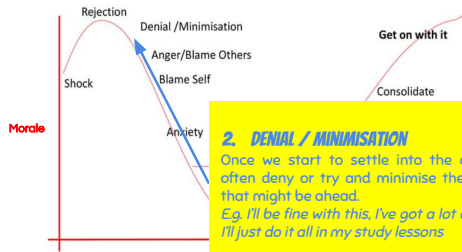
The Change Curve

1. SHOCK / REJECTION

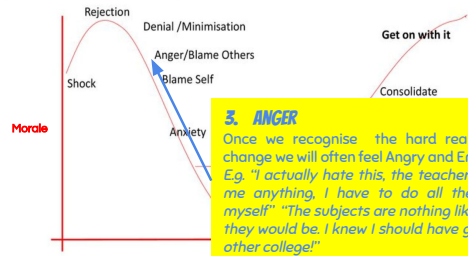
Our initial response to most change begins with a rise in morale. This happens before we fully comprehend the implications of the change on our lives.
E.g. Sixth Form is no different than school, if anything it's better, less hassle from teachers!!



The Change Curve



The Change Curve



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6. EMOTIONAL FOG / PIT OF DESPAIR!

The low point arrives with us starting to give up and stop trying. This is the point that some people quit and walk away. Our thinking becomes "fuzzy" and we can forget why we ever started in the first place. To get through this stage it is crucial we remind ourselves of our goals and VISION.



The Change Curve

Rejection
Denial / Minimisation
Anger/Blame Others
Shock
Blame Self

Get on with it
Consolidate
Experiment / Adapt
Acceptance/let go

8. EXPERIMENT / CONSOLIDATE / GETTING ON.

We are through the difficult times and fully adapted to the change. We start to adapt our routine and accept the changes, and start to enjoy them!

E.g. "I'm so much better at this now." "My grades are improving", "I really like some parts of my course"

**NOW CONSIDER
YOUR OWN
EXPERIENCES.**

**DO YOU RECOGNISE
ANY STAGES OF THE
CHANGE CURVE?**

**HAVE YOU EXPERIENCED
THE CHANGE CURVE?**

**DO YOU HAVE AN
EXAMPLE WHERE YOU
HAVE EMERGED FROM
THE PIT OF DESPAIR?!**

**COULD YOU PLOT
WHERE YOU ARE
CURRENTLY ON THE
CURVE?**

**DISCUSS THIS WITH A
FRIEND.
WHERE ARE THEY
COMPARED TO YOU?**

**IF THEY ARE IN A
DIFFERENT PLACE,
WHY?**

HOW DOES THIS HELP ME?

First, the realisation you are not alone! Everyone goes through these feelings. Acknowledging and accepting them will help you get through the dark times.

HOW DOES THIS HELP ME?

Second, some students progress and adapt to change faster than others. In our experience however, the majority of students emerge from the fog in Spring.

HOW DOES THIS HELP ME?

Third, wherever you are on the curve, keep your eyes on the next stage. You *will* get there!!

FINAL THOUGHTS

- × We have seen students get stuck in an early phase of the change curve for a long time.
- × Weeks, sometimes months!
- × They get caught in a cycle where they repeat the same complaints and worries... trapped in the Pit of Despair.
- × Do you know someone like that? Could you help them?
- × If this is you or someone you know then try using our previous ATTITUDE exercise – Stopping Negative Thoughts.