

The Cycle of Acceptance

1. Normal Existence

Capable of objective, valid reasoning, unclouded by doubt and undue emotion

2. Receipt of Bad News

Wow, that's bad news.

3. Denial

This can't be true. This is not happening to me. We are not failing. In fact, we know what we're doing. It is you who are wrong.

4. Anger

Get out of here, you so and so!!! Don't tell me anymore! This is nuts! I can't stand news like this!

Aggression

I'm going to slap (or fire) anyone who says anything more about this. I'm going to sue my doctor because he is not doing all he can to help me. You're not even qualified to say what you've said! (And various other forms of ad hominem attacks, such as shooting the messenger.)

5. Depression

Oh no, it is true. But there's nothing I can do. I'm trapped. It's hopeless. Nobody could solve a problem like this.

Confusion, early bargaining, and continued anger and denial

Why did this happen to me? I didn't do anything to cause this. What are we going to do?

6. Bargaining

I might as well agree things are not going to change. A miracle is not going to happen. If I can do that, I can at least get on with the rest of my life. Besides, if I can get out of all this wallowing in misery and avoidance I can think clearly again, manage the problem better, and work more effectively on possible solutions.

7. Acceptance

Well, it could be worse. We'll just have to make the best of this. And hmmm, this is starting to look like a blessing in disguise. I'm glad this happened.



Usually

Sometimes

Psychotherapy Acceptance Or Denial

Wolfgang Guggemos



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