

“Six Stages of Acceptance” Model

Adapted from *Easier Done than Said: Living with a Broken Voice* by
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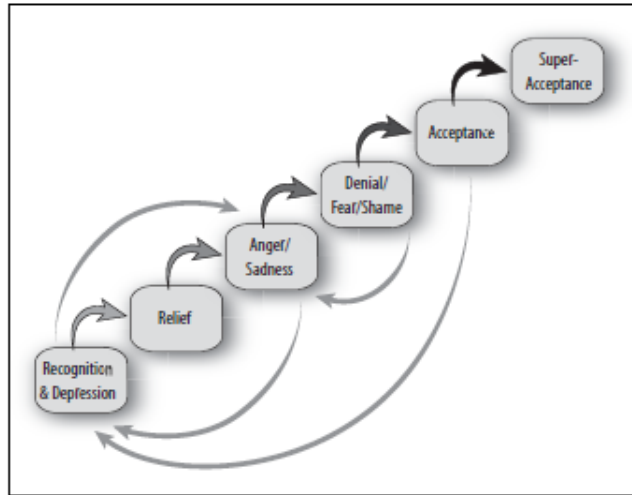


Image 3-2: The Six Stages of Acceptance Model p.52

<u>Stage</u>	<u>Defining Emotions</u>	<u>Tips for Survival</u>
1. Recognition/Depression	<ul style="list-style-type: none"> • Recognition of problem • Worry • Frustration • Embarrassment • Withdrawal 	
2. Relief	<ul style="list-style-type: none"> • Relief at having a name for a problem • Relief at not being crazy 	
3. Anger/Sadness	<ul style="list-style-type: none"> • Anger that no cure exists • Self-pity (“Why Me?”) • Frustration • Sadness at not being normal • Withdrawal 	
4. Denial/Fear/Shame	<ul style="list-style-type: none"> • Fear of others thinking less of person • Fear of repercussions • Embarrassment • Shame • Denial/Attempt to hide condition 	
5. Acceptance	<ul style="list-style-type: none"> • Willingness to discuss the condition with others • Peacefulness (“It is what it is.”) • SD not at the center of the mind • More energy 	
6. Super-Acceptance	<ul style="list-style-type: none"> • Willingness to look beyond self • Willingness to speak up for other about SD • Willingness to help others 	