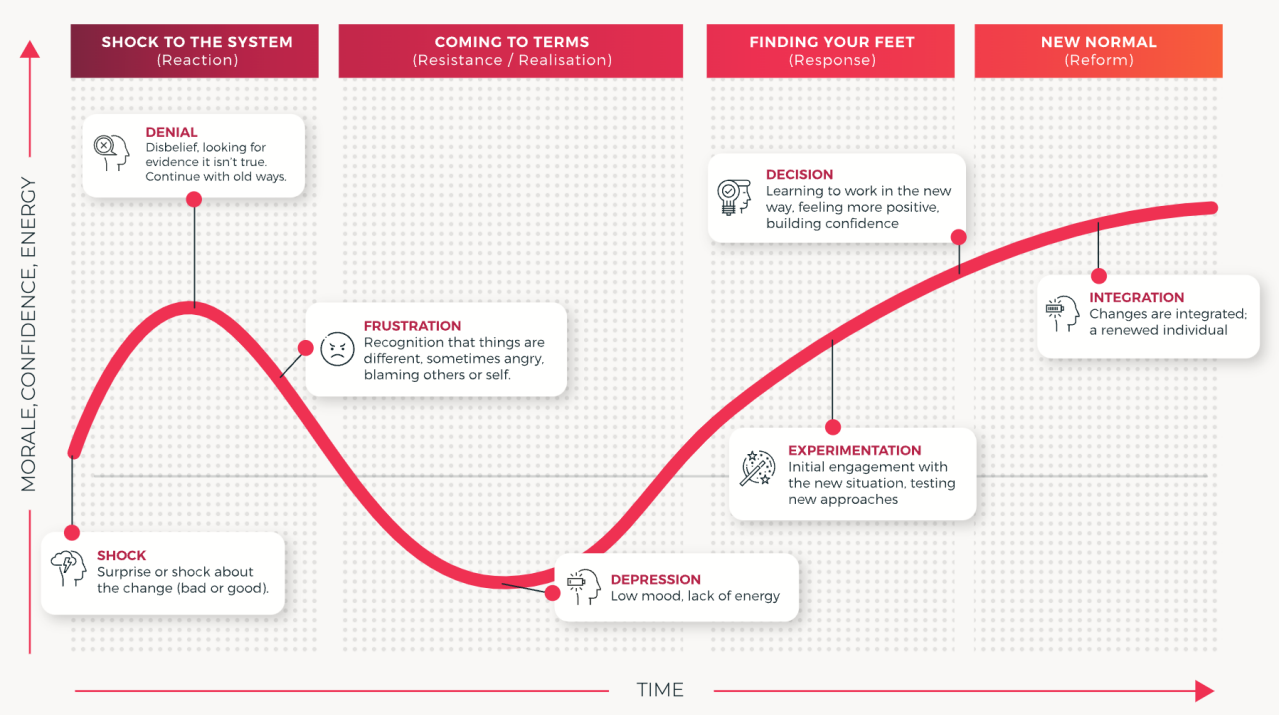
KÜBLER ROSS CHANGE CURVE

The Kubler-Ross Change Curve model has been accepted worldwide to explain the change process as it provides us with a way to understand our reactions to significant change or loss. As the basic human emotions experienced during loss, change, death, or a dramatic experience remain the same, this model accurately describes our responses in all such situations.



FOUR KEY POINTS TO NOTE ABOUT THE CURVE:

1. **We all move through stages at different paces** – some may propel straight through to 'response' and start experimenting almost immediately. Others may take a while to get to grips with the change and stick in 'reaction' or 'resistance' for a longer period.
2. **Our peaks and troughs might look different** – some have a smooth curve, while others may experience more extreme reactions.
3. **The curve can go both ways** – if experimentation fails, without proper support, it is easy to slip backwards into the earlier stages of depression or frustration.
4. **We can experience multiple curves** – for example, while we may be progressing speedily through the 'I can't go to the gym' curve, we may be taking longer to move through the 'My relationship had ended' curve.

NEEDS IN EACH STAGE:

- **Reaction** – clear, simple, and consistent messaging, space for safe open dialogue.
- **Coming To Terms** – support, connection, understanding, empathy, taking small steps towards experimentation, self-compassion.
- **Finding Your Feet** – increased willingness to engage in experimentation, support during difficulties and encouragement for successes, continued safe dialogue, foster sense of autonomy, self-validation, strength identification.
- **New Normal** – celebrate success, empowerment to continue to try new things, ask for feedback from others and provide feedback, use vulnerable disclosure to share your experience with others to foster continued connection and support.