laire The Change Wheel Change Stage 6 INTEGRATION Stage 1 Feelings of: Feelings of: **SATISFACTION FEAR** Thoughts are: Thoughts are: **FOCUSED CAUTIOUS** Behavior is: Behavior is: **GENEROUS PARALYZED** INDERSTANDING Feelings of: Feelings of: CONFIDENCE DOUBT Stage 2 RESENTMENT Stage 5 Thoughts are: Thoughts are: **PRAGMATIC SKEPTICAL Behavior is:** Behavior is: **PRODUCTIVE RESISTANT** Feelings of: Zone Feelings of: ANXIETY **ANTICIPATION** Thoughts are: Thoughts are: **CONFUSED** RESOURCEFUL Danger Behavior is: **Behavior is:** UNPRODUCTIVE DISCOMFORT Stage 3 **ENERGIZED** OISCOVERY Stage 4 © www.clairenewton.co.za