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Responses Generated During Organization and Personal Change

RED reflects the "generally" negative response to change *

- Stress
- Frustration
- Pain
- Anxiety
- Discomfort
- Overwhelmed
- Uncertainty
- Fear
- Tension

BLUE reflects the "generally" positive response to change *

- Excitement
- Challenge
- Growth
- Accomplishment
- Over-coming
- Pride
- Reward
- Appreciation
- Success

* Responses will vary depending on your "change style," personal experiences and psychological makeup