
THE FLOUNDERING STAGES:

1. Overwhelm - "How Will This Work Out?"
 2. Intense Anger- "Why Me?"
 3. Doubt- "I Can't Make The One Right Choice"
 4. Respite- "Ok... Maybe I Can Do This"
 5. Disillusionment- "This Isn't Perfect"
 6. Self-Acceptance- "There Is No Right Way-
Only Ways That Are Right For Me"
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